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Calgary Transit bus drivers
and Calgary Flames fans
Lindsay Kemble and
Sukhpal Parmar.
ELIZABETH CAMERON/
FOR METRO

GET ON BOARD

From provincial government to transit workers, Alberta's got playoff fever
metroNEWS

ONE HEEL OF A CONVERSATION



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'Best opportunity' amid crisis

FENTANYL

Chaffin backs supervised consumption sites in city



Lucie
Edwardson
Metro | Calgary

Calgary's chief of police has voiced his support for the move towards supervised consumption sites in Calgary, calling it the "best opportunity" to start developing trust and building relationships with the city's growing number of addicts.

Chief Roger Chaffin said he's fully aware of the complexities that comes alongside powerful opioids and that with so many things at play — mental health, community safety, crime trends, family life — you can't "simply detox."

Chaffin spoke to Bow Valley College students about the opioid crisis Wednesday, noting up to three people a day die in Alberta due to overdose.

"There's a lot that needs to occur, but our first and best opportunity is a clinical setting to start developing trust with them and building that relationship that provides services to them," he said, adding that CPS is partnering with Alberta Health Services, the city and other community partners.

Edmonton has four of these sites earmarked for opening, but Calgary is still in the queue for possible locations.



Calgary's police chief is backing the opening of supervised consumption sites, similar to the supervised injection sites seen here in Vancouver, to battle the fentanyl crisis in Calgary. CONTRIBUTED

Leslie Hill, executive director for HIV Community Link in Calgary, and who sits on the Calgary Coalition of Supervised Consumption, has said that they're trying to assess the city's needs before rolling out locations in the city. She noted that public perception of the sites is one roadblock to determining the best places.

At a community meeting this week, Chaffin said he asked a room of 50 people if they would like to have these sites in their neighbourhoods.

"And of course no one put their hand up," he said. "So we have to respect that, and that's where the controversy lies."

The chief said when people think of these sites they often imagine the Vancouver setting, which "unfortunately in that setting, we saw hypodermic needles on the ground and drug dealers hanging out in the area."

But, Chaffin said, unlike Vancouver, Calgary isn't dealing with one entrenched community filled with drug addicts and

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that they live in all quadrants of the city.

"It's about bringing it more into a clinical setting where the police then have the opportunity to bring in the safety mechanisms around it," he said, adding that Calgary has had

methadone clinics for years without any of those sorts of issues.

Chaffin said you can't have a system where the only two outcomes are "you get treatment or you die."

"Once opioids are here, once

you have an addicted community, it doesn't go away out of fatigue or frustration. It doesn't go away on its own," he said. "The only way it goes away is when the community comes together to put as many services together."



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Flood mitigation projects get \$13.1M funding boost

EMERGENCY PREPAREDNESS

Injection of provincial cash to fortify city's infrastructure



Helen Pike
Metro | Calgary

Spring is a happy time, when the promise of summer looms. But as Mayor Naheed Nenshi puts it, it's also a time of stress for Calgarians.

It's been four years since the 2013 flood and citizens still fear the worst. Although the visible damage is mostly unnoticeable, there's still work to be done on mitigation works that could save citizens and the City of Calgary financial headaches in the future.

Earlier this month, citizens from the Sunnyside neighbourhood demonstrated how real their fears still are, and how slowly they see progress in flood mitigation, especially for private residents. As they watch flood mitigation walls being built for the city, they wonder why their neighbourhoods don't get the same attention.

That's where \$13.1 million for flood mitigation work from the province will help.

As part of Budget 2017, Minister of Environment and Parks Shannon Phillips was in Calgary to announce their grant cash that's flowing into several sorely needed projects in the city.

"Calgary has worked hard to improve its resiliency,"



Calgary is still building up its infrastructure to help protect the city from future floods. THE CANADIAN PRESS

said Phillips. "These projects represent the foundation of our efforts to build a flood resilient province."

The money will help fund the two pump stations in Sunnyside, bolster the West Eau Claire Flood Barrier, replace the Sanitary Lift Station in Roxboro, and improve site

“Calgary has worked hard to improve its resiliency.”
Shannon Phillips

conditions at the Western Headworks Diversion.

"It's very clear that the province is making the moves that we need them to make," said Nenshi. "I'd love to get this stuff built much more quickly, but there are environmental assessments we have to go through, and so on."

Nenshi said the projects will help prevent flooding, but no matter what the city and province does, it won't completely prevent flooding.

"We still need to continue to do upstream mitigation work on the Bow River to ensure that we continue to protect downtown," said Nenshi.

INDIGENOUS ISSUES

Hope for dry dam initiative

The city is willing to join forces with the province to convince the Tsuut'ina Nation to reconsider their opposition to the Springbank Dry Dam project — but according to Mayor Naheed Nenshi a solution may already be on its way.

In March, the Tsuut'ina Nation made their opposition to the project clear, alleging the government hadn't properly addressed concerns over the lack of consultation, or consent, and the effect the dam could have on their land.

"Ultimately, the conversation is a conversation between our neighbours the Tsuut'ina Nation and the provincial government," said Nenshi. "The city, as always, is willing to be a helpful partner in this."

Nenshi said they have an excellent relationship with both the provincial government and the Tsuut'ina Nation.

"My latest understanding is that the conversations are actually going very well, and there's a resolution in short sight," said Nenshi. "I hope that is the case."

The mayor said the Springbank dam project is extremely useful, not only for the City of Calgary, but also the Tsuut'ina people.

Minister of Environment and Parks Shannon Phillips said the province is continuing to engage the Tsuut'ina stakeholders on the project. She said she personally had a number of interactions before the province decided to proceed with the project.

"We're very hopeful that we will be able to resolve any of the outstanding concerns and move ahead with protecting the city," Phillips said. "It's very important for a million people who live here, many of whom are Tsuut'ina members."

HELEN PIKE/METRO



PETER TERTZAKIAN

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COURT

Man gets 18 months for remains offences

**Lucie
Edwardson**
Metro | Calgary

The man convicted of indignity to human remains for dismembering and disposing of the remains of a 25-year-old Indigenous Calgary woman was sentenced to 18 months in jail Wednesday.

Joey English's remains were discovered in a wooded area of

Crescent Heights Park in June 2016. Joshua Weise, pleaded guilty to the offence of offering indignity to human remains back in November.

In a courtroom full of English family members and supporters, Judge Mike Dinkle read his decision in court Thursday.

He sentenced Weise to 18 months in jail, minus time served.

Weise has seven months remaining in jail, and upon his

release he will be under house arrest for a three-month period, followed by another three months with a curfew to be home from 11 p.m. and 6 a.m.

Dinkle called the offence "rarely seen" and said Weise — who's believed to have dismembered and disposed of Joey's remains after returning home to find she'd overdosed on drugs he'd provided — acted with no regard for the victim's family.

"This crime was selfish, savage, heinous and contrary to all civil society," he said.

Joey's mother, Stephanie English, told reporters following the decision that she was "somewhat OK" with the sentencing, and took refuge knowing he'd be off the streets for awhile longer. She said she took comfort in Dinkle's condemnation of Weise's actions and warnings not to breach his conditions.



Calgary Transit driver Mike Hillis shakes hands with Richard Viitala, who left his groceries on Hillis' bus and was grateful to get them back. ELIZABETH CAMERON/METRO

How bags of goodwill saved day

HELPING HANDS

Bus driver reunites Calgary man with groceries

**Elizabeth
Cameron**
For Metro | Calgary

As the bus pulled away from Richard Viitala, he remembered his groceries.

Two bags of hash browns, frozen fruit and other essentials were driving away and Viitala knew it would be a challenge to replace them.

"Food's expensive nowadays, especially if you don't want to go to the food bank," said Viitala. "Even though I'm on social (assistance) ... some people need it more than me," he said.

Wondering if he'd see his purchases again, Viitala called Calgary Transit to see if they could track the groceries down. They made no promises but said they would ask drivers on the route Viitala was on, letting them know to check for unattended hash browns.

"I shot a prayer up to J.C. and sat back and waited for a bit — all I could do was hope," Viitala said.

Enter Mike Hillis, a Calgary Transit employee of nine years who spotted the missing sus-

tenance on his bus. His quick actions possibly saved the frozen goods from spoil.

"I called in and said I was going to eat them," Hillis said with a laugh.

He dropped off his remaining passengers and headed across town to deliver the goods to Viitala, who was thrilled to hear he was getting his groceries back.

"When I pulled up and saw the smile on his face, that just made my day," Hillis said.

A grateful Viitala offered him an energy drink to get through the rest of his shift.

"I was just happy I could help," Hillis said.

"We're not just bus drivers, we're also part of the community ... everything happens for a reason."

Viitala thanked Hillis and Calgary Transit for their efforts to track down the food when they reunited on Wednesday.

"They could have said there's nothing much we can do, but they made things happen," he said.



We're not just bus drivers, we're also part of the community

Mike Hillis, bus driver



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Last Friday, B.C. announced changes to its Workers Compensation Act that ban mandatory high heel requirements in workplace dress codes. THE CANADIAN PRESS FILE

Alberta looks at heels law

WORKPLACE RULES

B.C. decision has Labour Minister eyeing legislation



Elizabeth Cameron
For Metro | Calgary

British Columbia's move to ban mandatory high heels in the workplace could give rise to similar changes in Alberta.

Last Friday, B.C. Premier Christy Clark announced amendments to the footwear regulation under the Workers' Compensation Act (WCA).

Alberta Labour Minister

Christina Gray told Metro she has been monitoring the developments in B.C. with interest and is committed to having a similar conversation in this province.

"(We) recognize high heels in particular can cause health and safety concerns for workers," Gray said, and added that no woman should face discrimination at work because of her gender.

A private member's bill introduced by B.C. Green party Leader Andrew Weaver last month would have made it illegal for employers to require women to wear high heels at work, but instead of implementing the bill, the government amended the WCB.

The amended regulation

"I am very interested in hearing what Albertans think on this topic."

Christina Gray

says employers cannot force workers to wear footwear with a design, construction or material that inhibits the worker's ability to safely perform their job, and employers have to consider slipping, ankle protection, foot support, muscle or bone injuries, and electrical shock when considering mandatory footwear.

Rebecca Sullivan, professor and co-ordinator of the women's studies program at the University of Calgary, provides gender-diversity and equity training to workplaces — including addressing discriminatory dress codes. She said women should wear heels if they want to, but they shouldn't be a requirement for the job.

"There is no work on the planet where high heels are necessary," Sullivan said.

"We need to start holding the employers and customers accountable for discriminatory and harassing behaviour towards women employees," she said, pointing out that any practice which exposes an employee to an unnecessary

health risk is already against the law.

"It's up to the government to enforce the law, and it's up to businesses to not put their workers in harm's way for no reason."

Gray said her ministry is currently reviewing Alberta's labour legislation — including the Workers Compensation Act and the Employment Standards Code — and high heels will likely be part of the discussion.

"We will be looking at Alberta's Occupational Health and Safety code in the coming months," Gray said.

"I am very interested in hearing what Albertans think about this topic."

WITH FILES FROM THE CANADIAN PRESS

CONDUCT

Officers' court date delayed



Lucie Edwardson
Metro | Calgary

Court appearances for the Calgary police association president and another Calgary Police Service officer have been adjourned to later this month.

Recently-elected Calgary Police Association (CPA) president, Sgt. Les Kaminiski, and Const. Brant Derrick did not appear in court Wednesday.

Defence lawyer for Derrick, Don MacLeod, appeared on behalf of his client and as an agent for Kaminiski, who's new counsel, Alain Hepner, is out of the country.

Kaminiski's previous counsel, Willie DeWitt, was recently named a Court of Queen's Bench judge.

MacLeod asked to have both officers' next court appearance adjourned. They will now appear April 20.

Kaminiski is charged with perjury and assault with a weapon, while Derrick is facing a charge of assault causing bodily harm.

The charges stem from a 2008 traffic stop in downtown Calgary, where Jason Arkinstall was charged with uttering threats towards Derrick.

Arkinstall was acquitted in 2011 by a provincial court judge, who stated in his written decision that he didn't consider Kaminiski and Derrick to be credible witnesses.

After charges were laid against Kaminiski, the CPA held another vote asking their members if they wanted him to stay on as president, in which the majority voted for him to remain in the position.

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Truck-theft victim looking for answers

CRIME

Man found his stolen vehicle by chance at a scrapyard

Brodie Thomas
Metro | Calgary

It's been three weeks since

David Lawrence found most of his stolen truck at a Calgary scrapyard.

Although he now has his truck back, he's still waiting on any answers as to what happened, or who will be charged.

"I've called people, I've left messages, I've left emails and voicemails," he said.

Lawrence said he hasn't had a response back from anyone — including police or government officials.

Calgary police told Metro the investigation is ongoing.

Lawrence has argued that a simple and free VIN check through the Canadian Police Information Centre (CPIC) system would've alerted the workers at Pick N Pull that his truck had been reported stolen.

Colin Kelly, spokesman for Pick N Pull, said the company purchased Lawrence's truck based on all appropriate paperwork and in accordance with

all legal requirements.

"We had no basis to believe that this vehicle was stolen and co-operated fully with the local authorities to investigate this matter," he said. "All vehicles purchased without a title or registration are VIN checked to validate they're not stolen."

Metro contacted the Alberta Motor Vehicle Industry Council to see if that regulatory body planned to take action against the 52 Street Pick N Pull.

Lynette MacLeod, manager of communication and education for AMVIC said the 52 Street location was not a registered AMVIC member three weeks ago, but is now.

Det. David Bailey with the CPS auto theft resource team noted there are gaps with the province's paperwork requirements on vehicle sales which make theft easier.

He said the bill of sale needs to be more like an affidavit.

Currently, the province has a bill of sale form available for download from the website.

Items that are recommended but not required to note on the bill include phone numbers of all people involved, signatures of witnesses, payment method, and vehicle reregistration.

"Let's say I had just bought that truck for \$100. You'd be sure they'd put me in handcuffs for possession of stolen property," he said.



Treaty 8 Grand Chief Rupert Meneen. KEVIN TUONG/FOR METRO

DISCUSSION

Indigenous leaders to meet in Edmonton

Omar Mosleh
Metro | Edmonton

Edmonton will welcome representatives from First Nations, Métis and Inuit groups from across the country for the first National Gathering of Elders this fall.

Ten Alberta indigenous groups are working together on the event, and have invited leaders from 623 First Nations, Métis and Inuit communities to participate in the gathering, which will provide an opportunity to discuss issues like reconciliation and climate change and learn about other indigenous cultures and histories.

The Government of Alberta announced \$100,000 to support the event Wednesday.

Treaty 8 Grand Chief Rupert Meneen is one of the people behind the gathering and said it was inspired by talks with counterparts in British Columbia.

"We think it's important that we try and preserve the knowledge of First Nations people," Meneen said.

In addition to sharing knowledge, the elders will discuss the importance of Indigenous language and culture. The event is expected to attract 3,000 to 4,000 delegates.

"We're going to ask (the elders)

"What are you hoping to get out of this? What can we as chiefs take from this, and elders, what do you need to say? Because sometimes we don't include our elders in our conversations and I think we definitely need to listen to them," Meneen said.

He noted that the event is timely, landing shortly after Canada's 150th anniversary, and is open to the public.

"We are not going to shut the door to anybody," Meneen said.

Alberta's Minister of Indigenous Relations, Richard Feehan, said the event was a crucial opportunity for Canadians to recognize the importance of indigenous history, culture and language.

"There's absolutely no denying that the wisdom, life experience and knowledge the elders bring is very important for our country to create meaningful and lasting generational change," Feehan said.

"This opportunity really gives us a chance ... to have the elders come together, share their ideas and pass on those ideas to the youth who will be there in attendance," he added.

Chief Craig Makinaw, the Assembly of First Nations Regional Chief for Alberta, said the event would allow chiefs from across the country to build bridges and create friendships.

\$100K

The province has announced \$100,000 in support for the event

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The Calgary Board of Education said despite receiving the most ever in terms of funding from the province, they still project a nearly \$40 million deficit. METRO FILE

Minister finds board's projection concerning

EDUCATION

School body predicts \$38M deficit despite \$41M boost



Alberta's education minister said he's concerned about claims from the Calgary Board of Education (CBE) that they will have a \$38.6-million shortfall this year.

On Tuesday, Metro reported that according to the CBE's budget assumptions report, the board is anticipating the deficit in the budget for next school year. The

report explains that the CBE is seeing cost increases in the 2017-18 school year "for operation of four new schools, grid movement in accordance with collective agreements, as well as inflation and escalating costs of contractual obligations."

Education Minister David Eggen said he finds the projected deficit concerning because his government has funded enrolment and maintained grants across the system.

"We anticipate CBE's funding will grow nearly \$41 million next year, an increase of 3.8 per cent," he said. "Alberta Education officials will be meeting with the board on Wednesday and this matter will be raised in that conversation."

Joy Bowen-Eyre, board chair for the CBE, said that at \$1.4

billion, their board is receiving more funding than ever from the province — and they're grateful they've funded enrolment growth — but it doesn't change the projected deficit.

"Even though we are receiving this additional funding, we still project a \$38.6-million gap between what the province provides and what it will cost to offer the same level of services and supports as we have this year," she said.

"This is because expenses such as grid movement, the carbon tax, increasing utility costs and the costs of operating our new schools have not been funded."

As an example, Bowen-Eyre said the cost to operate all of the new schools that opened in 2016-17 and those that will

open next year is \$13 million.

Brad Grundy, chief financial officer for the CBE said his team has done their best to prioritize "staff over stuff" as they build the budget, and said the deficit they project now is not far from what they predicted late last year.

"At the school levels we're looking at less than 1 per cent reduction in the rate per student, so all other things being equal in schools that see even modest growth there will be very little impact," he said.

Grundy said they've made the decision to allocate \$5 million from their reserves (subject to board approval), as well as looking at deferring or delaying certain capital projects, and a 3.7-per-cent cut from their services unit (HR, tech, etc.).

COURT

Conviction in Ponzi scheme upheld

A Calgary man jailed in one of the largest Ponzi schemes in Canadian history has failed in his attempt to have his conviction overturned.

Milowe Brost was sentenced to 12 years in prison for an elaborate, multimillion-dollar fraud in which investors were promised unrealistic returns.

He was also found guilty of money laundering.

He was convicted along with his business partner Gary Sorenson.

Lawyers for Brost had

argued that he should have been granted a mistrial when Sorenson, who was representing himself, admitted to jurors in his final submission that he used investment funds in a fishing lodge.

The Alberta Court of Appeal said even if it was a confession, it didn't point to wrongdoing by Brost.

"He did not implicate the appellant and used the prepositions 'I' and 'me' 11 times in this particular passage," the judges wrote of Sorenson's

submission. The judges also rejected arguments that Justice Robert Hall should not have removed a sick juror and that he erred in his charge to the jury.

"The appellant has failed to establish how the conduct of the trial by his self-represented co-accused ... amounted to a miscarriage of justice. He has not represented any reviewable error underlying the conviction and the appeal is dismissed."

The trial of Sorenson and

Brost heard more than 2,400 investors from around the world lost up to \$200 million in total. Police have estimated the figure could be as high as \$400 million. Many people lost their life savings.

Investors were promised a 34 per cent annual return on a "low-risk" investment of \$99,000, which was supposed to grow to just over \$1 million within eight years. They were told the business involved selling gold for refining.

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MRU student Sara McMullan launched a mock brew-it-yourself business as part of the Vivacity project to revitalize Calgary by involving youth in planning and development. AUTUMN FOX/FOR METRO

Students inject vitality into core

MOUNT ROYAL UNIVERSITY

Vivacity project forges business ideas in empty office space

Autumn
Fox
For Metro | Calgary

You can call millennials lazy all you like, but a group of twentysomethings from Mount Royal University may hold the key to developing a more vital and energized downtown core.

The students teamed up with Calgary Economic Development and various Calgary businesses as part of the Vivacity project, which seeks to involve young people in urban

planning and development in the city.

Court Ellingson, vice-president of research and strategy at Calgary Economic Development, said the project addresses the disconnect young people may feel from their city.

"The most important thing is that the students see a future and a home for themselves in Calgary," he said. "Why would they choose to leave now that they see what the real potential of their city is, and now that they see that they can be a part of it?"

The students teamed up to launch four different businesses in empty downtown office space. They are a meditation centre, a "you brew" tap house, an art space and a fitness café.

"We wanted to capitalize on craft beer culture and bring

something downtown that is very youthful, hands-on and interactive," said Sara McMullan, a business student at MRU and team leader of Forge, the project's brew-it-yourself business.

"We know that people will go to work in cities where there are unique attractions nearby, where it's a neat environment," said McMullan.

By building a niche business that's only available downtown, she says millennials may lose the perception that the downtown only caters to corporations and is instead a hub for activity.

At the same time, these small, specialty businesses may make Calgary more attractive to corporations looking for vibrant cities and markets to expand into.

HERITAGE

Eau Claire Smokestack one step closer to de-designation



Helen
Pike
Metro | Calgary

The Eau Claire Smokestack is inching closer to a new site, after a council committee voted in favour of de-designating it to move the historically protected resource 15 metres.

The smokestack in Eau Claire was built in the 1940s and marked the Calgary Transit garage. It was first municipally designated in 2008 and now, nearly 10 years later, it may

be de-designated.

Coun. Gian-Carlo Carra thinks the city actually did good work, in hand with the developer and the heritage initiative, "banging the drum" to stand up for the smokestack.

"I'm not at all convinced this sets a precedent beyond the problematic, principle-based decision that you are de-protecting something that you've protected," said Carra.

"I don't think it opens up the barn door because the where-withal, the willingness, the ability to tackle this, especially

with a project (of this scale), I'm reluctantly willing to support this."

The motion to de-designate and move the smokestack was approved unanimously at the committee level, despite several voices of opposition from the heritage community.

The proposal by the developer would move the smokestack in one piece and pay the city (on top of the moving cost) \$300,000, which will be put into the City of Calgary Historic Resource Conservation Grant Program.



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Roberta Segar



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Wendell the pig poses with rescuers Leslie Gould (left) and Danni Bauer at The Alice Sanctuary. HELEN PIKE/METRO

It's Babe in Alberta: Piggy's great escape

LIVESTOCK

Clever swine stows away in back of truck, avoids slaughter



Helen Pike
Metro | Calgary

It's a rescue that went off without a hitch, or a squeal.

Someone missed one detail after a delivery of pigs was completed and the driver only realized miles away from the slaughter house in Western Canada: a little piggy had stowed himself away in the back of his truck.

That's when Leslie Gould and her best friend Danni Bauer

came in with a borrowed truck, driving hundreds of kilometres north of Calgary to see a man about a pig.

It was initially a Facebook post that spurred action. Gould saw it immediately, a pig that needed help, and asked the Alice Sanctuary, where she volunteers, if they had space for another pig.

They did, so the crew hit the road.

The driver needed to clean out his truck between deliveries, and couldn't keep the pig around because he had to pick up another load.

It's quite the puzzle trying to figure out how the pig, who Bauer named Wendell, stowed away.

They met the driver in a Co-op parking lot and were ready for a fight to get the animal, which Gould said would have

been standing on his feet for countless hours, into their truck.

But it went pretty smoothly, and Wendell was headed for the Alice Sanctuary, lying down in their truck bed for the first time in days.

He told them that he was willing to buy the four-to six-month-old pig from the farmer, and wanted updates on its well-being; he'd become quite attached.

Gould gets emotional when she talks about why she and her friend were willing to take the trip for a pig.

"The thought of him waiting on this truck, to his death one way or another, is just too much," Gould said.

"Just the fact that he escaped death literally...I think it's really important for people to hear his story."

DISASTER

Red Cross chiefs reflect on Fort McMurray in Halifax



Yvette d'Entremont
Metro | Halifax

As the first anniversary of the Fort McMurray wildfire approaches, the Canadian Red Cross president and CEO was in Halifax to share lessons learned from the most expensive disaster in Canadian history.

"Never could we have imagined that what took place in those first early days of the response would revolutionize the way the Red Cross works in disasters," Conrad Sauvé told a crowd of invited guests during

a luncheon at Halifax City Hall on Wednesday.

As the disaster unfolded last May, the Red Cross was asked by the Alberta government to register members of the community of Fort McMurray. This was a challenge, as the community had been completely evacuated.

"When evacuees fled they spread around the country, some evacuating to shelters in Edmonton and Calgary while others travelled across the country, many to here in Nova Scotia and throughout Atlantic Canada to stay with family and friends," Sauvé said. The organization's

team developed an online system that registered 80,000 people via 13 call centres across the country (including one in HRM).

"While registration is a vital aspect in any response, in the case of Fort McMurray it was a game changer. It paved the way for robust real-time needs assessment but also for the largest, fastest cash transfer ever done in Red Cross history," Sauvé explained.

In the first week following the wildfires, the Red Cross raised \$50 million. In two days, that \$50 million was distributed via email cash transfers to the majority of those evacuated.

Diagnosis sparked teen's cancer crusade

ACADEMICS

Doctor and girl working hard at U of C lab to find a cure



Lucie Edwardson
Metro | Calgary

When Colette Benko was 13-years-old she got some scary

news: she'd been diagnosed with cancer.

Benko didn't let the diagnosis slow her down, but rather, it propelled her to try and find a cure for the disease, and at just 14-years-old she started working in the University of Calgary lab of Dr. Aru Narendran, professor of pediatrics and oncology, in hopes of finding that cure.

"It's quite ambitious, but she's got lots of enthusiasm and smartness so I took her

on to work in my lab," said Narendran, who's lab looks for new ways to fight cancer once a patient stops responding to traditional treatment.

Narendran said Benko wanted to research neuroblastomas (not the same cancer she had) — one of the most aggressive forms of pediatric cancers — and he's mentored her through doing that.

Now 16, Benko has made some significant strides — and she'll be presenting her

research alongside 20 of Calgary's other best and brightest high school students for the U of C's Alberta Regional Sanofi Biogenius Canada final competition.



Colette Benko
works at a lab at U of C.

"I got inspired through my own story and families I met through my experience," she said.

Benko's research she's presenting at Sanofi is an inhibitor and its effects on neuroblastoma cells to see if it changes their morphology and protein.

"Pretty much I'm trying to see if I can change cancer cells into less harmful more non-malignant cells," she said.

And, she's had some success. Benko said she's found

"outgrowths" similar to ones used in a current differentiating treatment.

"It's very good we found this because it's important we have different treatments that can act as a differentiating treatment for neuroblastomas, because the one we have today has damaging side effects."

To learn more about Benko's project, and the projects from other students, people can attend the fair at the U of C's Alberta Room on Thursday.

MOUNT ROYAL UNIVERSITY



Mount Royal University welcomes Lesley Brown as new Vice-President Academic. COURTESY

New provost brings energy to the role



Helen Pike
Metro | Calgary

It was a national search that landed in Calgary's back yard: Mount Royal University is pulling a talented candidate for their Provost and Vice-President, Academic position from the University of Lethbridge.

Last year, the school's provost Kathryn Shailer left her post suddenly after academic staff voted down her academic plan, and the school was in the midst of budgetary spat between administration and academic staff.

Effective July 1, 2017 Lesley Brown will be filling the post, and she's proud to do it.

"The people who stepped into the leadership role in the interim have done an exceptional job, and I'm very grateful," Brown said. "I look forward to building upon the foundation (previous) provosts have provided for Mount Royal University."

She comes to MRU with a 20-year career at the U of L in various positions, most recently serving as the Vice-Provost

and Associate Vice-President, Academic at the school.

Lots of work has been done since last year to mend the relationship between administration and faculty, according to Duane Anderson, Vice-President of Administrative Services.

"Coming out of last year we did a complete review of things and struck an institution-wide task force," Anderson said. "It's been working very well over the past six to eight months, but it's not quite done...we think we're really headed in the right direction."

Brown hopes to bring her signature energy and colourful personality to the institution.

"I think I can bring some energy and enthusiasm, exceptionally strong commitment to student experience, to ensuring they have the finest experience to their undergraduate education," Brown said.

"I'll also bring a commitment to inclusion and diversity."

One of her goals is to build new experiential learning opportunities for students through the faculty and create research opportunities.

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Artistic producer Nathan Pronyshyn looks over years of Y Stage pamphlets. AARON CHATHA/METRO

Final curtain call ahead for Y Stage

YOUTH THEATRE

Series' artistic producer takes a look back at happy history



Aaron Chatha
Metro | Calgary

Vertigo Y Stage artistic producer Nathan Pronyshyn has a smile more infectious than any of the kids who see his shows.

It's that unbridled passion that's made him so successful running the youth-targeted theatre series for nearly 10 years.

But it's heartbreaking to hear a man like him talk about the end of the Y Stage series, which will shut down after one more production later this month.

"I broke into tears on our last opening night," he said. "I had family come — the daughter, she's a teenager, has been coming to the series since she was five years old. They haven't missed a show. What a cool thing."

While Vertigo is known for its mystery series, the company launched the Y Stage in 2003. Pronyshyn took over in 2007.

In November of last year, he announced he would be departing the Y Stage, and just a few months into the New Year, he was told the Y Stage would not continue without him.

"As the company has evolved, the need to focus our resources on areas that align most directly with our artistic vision make

it necessary to restructure our programming in order to create the greatest opportunities for success," said artistic director Craig Hall.

Pronyshyn said it's becoming harder to program for youth. Artist fees are going up, but theatres must balance paying quality artists with being affordable to young audiences.

DEFINING MOMENTS

Over his tenure, one of the biggest moments for Pronyshyn was the production of n00b. It was the first original production by Y Stage, a video-gamed-themed play written by Calgary scribe Christopher Duthie.

"I just knew there was something in it," he exclaimed. "We mined it, developed a mentorship for it, I brought on Bob White back when he was in Calgary, and Terry Gillis, and we made this play happen. Then it ended up blowing up; it sold out here and two seasons later it ended up touring nationally. That was a special time for me."



n00b was a standout moment — their first original play.

COURTESY BENJAMIN LAIRD

BY THE NUMBERS

750

Total performances

125K

Kids and parents who have attended shows

Other highlights include bringing a circus to town with Theatre Junction and Fluid Festival and bringing down a simple, beautiful show for very young audiences. There was also this season's partnership with the Eating Disorder Support Network of Alberta to do Mess, a show about anorexia.

ALVIN SPUTNIK

The Adventures of Alvin Sputnik: Deep Sea Explorer will be the final production by the Y Stage.

It's a tiny tale about a solitary explorer with a heart as big as a whale. The story fuses animation, puppetry and live music as Sputnik searches for his lost love in the ocean.

Pronyshyn worked for three years to bring the show up from Australia.

"I saw the show, and I balled like a baby, and I've been trying to find a way to get it to Calgary ever since," he said. "The fact that it's finally happening, and as the last show, I think it's a good farewell."

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FORT MCMURRAY

AHS wants civilians, responders to share fire stories

Autumn Fox
For Metro | Calgary

One year on, for those affected by the wildfires in Fort McMurray it may not get any easier to cope, but the bonds their community forged remain as strong as ever.

Through a project called 'One Year Later' — a virtual scrapbook — Alberta Health Services (AHS) is hoping to give civilians and frontline respond-

ers the opportunity to share stories of their experiences during the fires.

"We want to make people aware that we were all in this together, and we continue to be in this together," said Kerry Williamson, senior media relations advisor for AHS.

AHS is asking Albertans to submit stories, photos and letters of thanks by email to oneyearlater@ahs.ca. On May 3, they will be made available in an online gallery.

"We're anticipating that the anniversary is going to be a trigger for some," said Dr. Sandra Corbett, chief of psychiatry at the Northern Lights Regional Health Centre in Fort McMurray.

Corbett said she's seen a number of people struggling with depression, grief and post traumatic stress disorder in the aftermath of the fires.

"We certainly felt the support from all over Alberta and all over Canada, and then you

get the impression that people have forgotten and moved on to the next disaster. So, for some people it's good to be allowed to talk about the effects because we're not back to normal, we're not fully recovered."

Corbett believes it's important that efforts like this are made, even virtually, to show support.

"We know from previous disasters that there are phases of recovery, and that recovery takes a long time," she said.



The Archery Games try to keep things fast and fun.

AARON CHATHA/METRO

Don'tnock it till you try it

RECREATION

Archery Games fling into Calgary



Aaron Chatha
Metro | Calgary

I used to be an adventurer like you, then I took an arrow to the knee at the Calgary Archery Games.

And it's not a love tap either — it's like a high velocity dodge ball whistling through the air. Cupid's arrow this ain't.

Now officially open, the Archery Games present a very familiar set up: two teams set up on either side of the court, armed with a bow, with a pile of arrows in the centre.

The game then plays out very similar to dodge ball, but with a bow and arrow. Everyone runs to the middle to grab an arrow, nock it back and try to hit someone on the other team to take them out of the game.

The arrows are fitted with foam tips, and honestly during the game the Metro team played, you can feel the impact of an arrow, but it's softer than a dodge ball. Metro writer Helen Pike took an arrow to the neck and shrugged it off.

The bows are fun to shoot, but definitely take some prac-

tice, especially learning to set your arrow properly in the middle of a game.

We played two vs. two and three vs. three, but the arena can accommodate as high as 10 vs. 10.

There are a couple of game modes, too. There's standard elimination, there's a mode called medic where one player has a shield instead of a bow and can revive fallen team members, and a fireball mode that includes an actual dodge ball.

One of my favourite modes was called zombie, where if you hit someone they must join your team, until it comes down to a giant group on one side targeting one player on the other.

Mostly, it just keeps people in the game.

The average game length is only a few minutes, so you'll get in a ton of sessions just by playing for an hour. It's a good thing too, because it's much more physically demanding than it looks.

Truth be told, I was hit more than I actually hit anyone else, but even still, the game was still ridiculously thrilling. While some dive for cover, hiding behind giant bean bags, it's exhilarating to take a risk, stare and archer down, and dodge a volley of shots until you can pull your own off.

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- 1 The original Fubar movie was released in 2002. The instantly quotable film gave popularity to terms like Giv'er.
2 Fubar 2, released in 2010, sees the main characters trying to get oil rig jobs in Fort McMurray.
3 This scene filmed during an actual storm almost stopped the production entirely when the camera burnt out. CONTRIBUTED

City's cult classic Fubar turns 15

SCENE YYC

Anniversary screening at Underground Film Festival



**Aaron
Chatha**
Metro | Calgary

Fifteen years ago, three Calgary boys really had to giv'er to make Fubar happen.

The cult-classic film is celebrating the anniversary with a showing at this year's Calgary Underground Film Festival (CUFF).

It was filmed on a shoestring budget by a bunch of improvisers, and production threatened to fall apart multiple times.

There's a notable scene in the

film in which the main character Dean (Paul Spence) drunkenly yells at a storm. The crew ended up frying their only camera.

"That was in the middle of the production," recalled actor David Lawrence, who played Terry. "We had such a low budget, we thought we were done. But we were shooting in the rain, so what do you expect to happen?"

They managed to cobble together a bit of money for a new camera to finish the shoot.

Without any lighting equipment or a big crew, some residents of High River (who found their way into Fubar) didn't know they were shooting a movie.

"A year later, we had to go find them and try to get permissions," laughed Lawrence. "They were cool. They all remembered us. That part was really exciting."

Fubar has gained cult status because of its over-the-top, head-

banger characters, which led to a sequel and might even launch a TV series.

Lawrence was training at Calgary's famed Loose Moose improv theatre when artistic director Dennis Cahill mentioned there was once a troupe that exclusively played head-bangers. It inspired Lawrence to come up with the character of Terry.

"It was always fun improvising, because we weren't very good at it," he said. "Bangers don't really know how to say yes and agree. The fundamentals of improv don't make sense for them."

Lawrence continued to play the role in a stage variety show called Hotdogs and Popcorn, where Terry was essentially the technician for the show who constantly chimed in.

Before the movie began filming, Lawrence and Spence put

DETAILS

The anniversary screening takes place April 20 with Lawrence, Spence and Dowse. Afterward, Lawrence (as Terry) will host Heavy Metal Karaoke at the Ship & Anchor.

For more info, visit calgaryundergroundfilm.org.

on a show called Terry and My Buddy Dean.

"We only did four shows, and they weren't really good, but we got into character," Lawrence said, laughing.

"What we most love to celebrate is Canadian and local film," said Cameron Macgowan with CUFF. "We're really stoked to bring (director) Michael Dowse back to town to celebrate Fubar."

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WEEKEND EVENTS

See Northlander, get a taste of Jamaica

FRIDAY

The Northlander

Brought back for a limited second run, this is the last chance to watch Calgary director Benjamin Ross Hayden's film The Northlander.

Taking place in 1961, the dystopian fantasy follows a group of humans trying to survive.

The film features an entirely Indigenous main cast.

For more information, visit theplaza.ca

FRIDAY

Easter eggs for dogs

Get those sniffers ready, as your loyal canines can now join in the Easter fun. Calaway Park is hosting an Easter egg hunt for doggies and their families.

All fund raised will go towards National Service Dogs, which works to place service dogs with families in need, free of charge.

Registration begins at 9 a.m., and the hunt starts at 10 a.m.

SATURDAY

Taste of Jamaica

Learn about Jamaican culture the best way possible — by tasking authentic Jamaican food, along the lines of curries and fried dumplings.

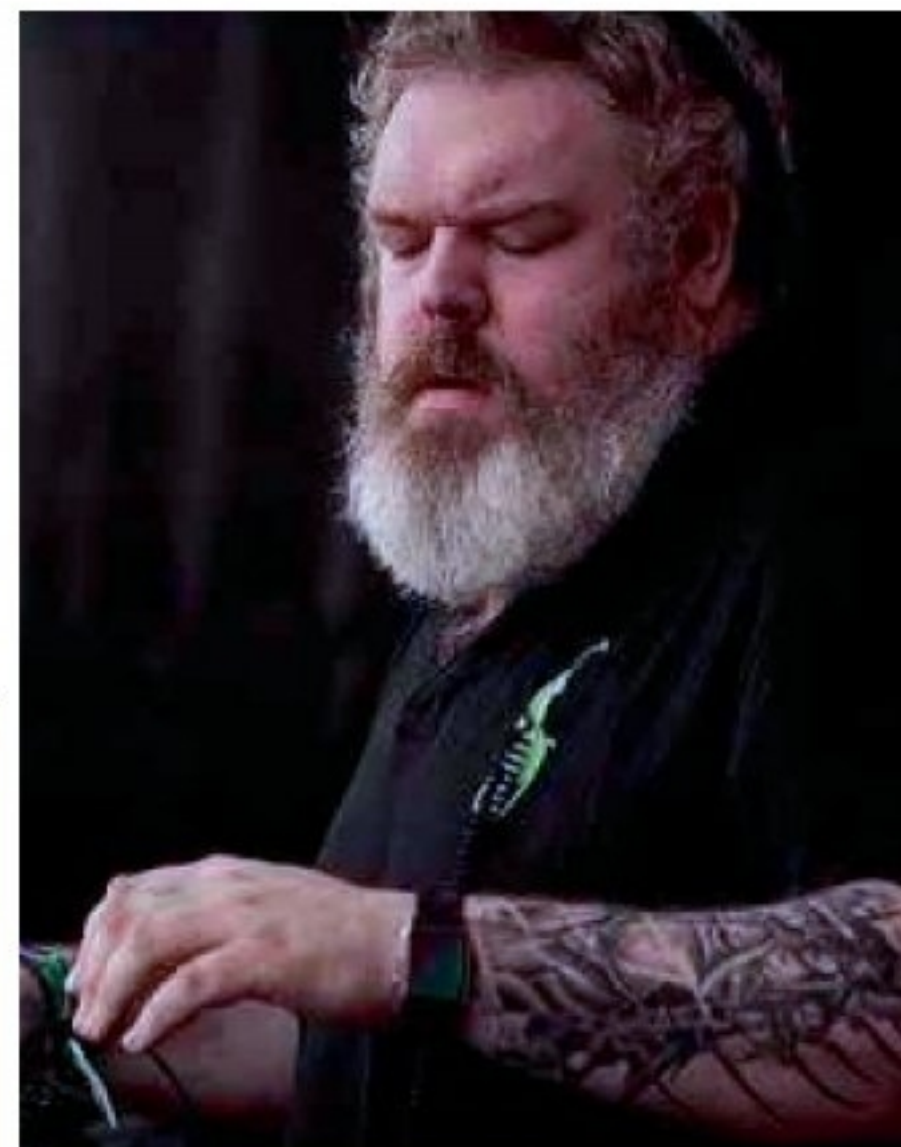
There will also be plenty of art and dance, with gospel, folk and reggae music. Don't forget to try the grapenut ice cream.

For more information, visit jcaalberta.com

SUNDAY

Easter egg hunts

Hop to it kids, this Easter Sunday is filled to the brim with Easter egg hunts and events throughout the city. Highlights include: The Calgary Zoo, Kensington, The Calgary Farmers Market, St. Matthew's United Church, Bass Pro Shops at Crossiron, East Lake Park in Airdrie, Butterfield Acres Farm in Rocky Ridge and Easter Brunch at the Fairmont Banff Springs. Search online for more information. AARON CHATHA/METRO



Kristian Nairn portrays Hodor in the HBO series Game of Thrones, in addition to DJing internationally. FACEBOOK

Hold door for Hodor

COMIC EXPO

Game of Thrones star to make guest appearance



Hodor. Hodor. Hodor. Hodor. Hodor!

Translation: International DJ and Game of Thrones actor Kristian Nairn is riding into this year's comic Calgary Comic Expo, nearly a year after his character's farewell from the show.

How did you grow as an actor from the beginning of the series?

I mean, it changed my life immensely. I don't think there's anything in my personal life that's the same as it was before Game of Thrones, all in positive ways. I'm hugely grateful for it.

As an actor, I'd only ever studied acting. I never really pursued it as a career before. The biggest part of that, I think, was having confidence in what you do.

Considering a large part of your role was carrying actor Isaac Hempstead Wright on your back, how much was

physical activity and staying in shape important?

It definitely was important — my back definitely suffered through the role. There was immense, immense effort involved; I'm not going to lie about it. Especially Season 1, 2 and 3. As Isaac got bigger, it was almost impossible for one person, so we had to find other ways to do it.

I always managed to fulfill what I needed to do, but you have to keep yourself right. Always on top of physio and stuff.

As a successful DJ, why do people need DJs today, when it's so easy to plug in an iPod?

There's more than being a DJ that pressing play on an iPod. Like, I don't plan my sets before I go out on stage. I go out there, play a song, gauge the reaction, and that's how I choose the next song. Then I build it up into a crescendo. It's a journey.

That's called having musicality. I have a degree in music. I play the piano, guitar and DJing is using every bit of my musical abilities.

Not only that, but you're managing the emotions and energy of a crowd. You're mixing track, so you have to know what tracks go together. An iPod can't do that. I also have to say, not many DJs can do it either, because there's a lot of shit DJs around.

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Notley, Ceci NHL playoff wager heats up

POLITICS

New Democrats lay out the terms of their friendly bet

Autumn Fox
For Metro | Calgary

A friendly NHL playoff wager

between Premier Rachel Notley and finance minister Joe Ceci over the Battle of Alberta may be the most divisive rift Alberta's NDP caucus is likely to see.

Ceci laid out the terms for a bet that would see the winner enjoying a few cold ones from an Alberta craft brewery, while the loser wears the opposing team's jersey to the legislature.

The Flames flag was raised

in Calgary by Ceci, while Notley raised the Oilers flag in Edmonton. Both flags will fly until one of the teams is eliminated and the loser of the bet is declared.

Ceci said he's excited just to see the Flames and Oilers compete in the playoffs together for the first time in a long time. But he's even more excited about the prospect of a Flames win.

"It'll be even sweeter to

watch the premier get me some cold Alberta beers while wearing a Flames jersey in the legislature."

Ceci said that despite the rivalry between the two Alberta teams, there is a lot that unites Flames and Oilers fans too, especially "a temporary, yet deep, deep loathing for all things Californian," as the two teams face off against the San Jose Sharks and the Anaheim Ducks this week.



Joe Ceci, Alberta's finance minister, left, announced a bet with Premier Notley that would see the loser sporting an Oilers or Flames jersey in the legislature. AUTUMN FOX/FOR METRO

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Bus drivers feeling the post-season spirit



Helen Pike
Metro | Calgary

If you think there's nothing like kicking back and watching the game with friends, or feeling the energy as it washes over the Saddledome for a home game — you haven't driven for Calgary Transit.

But luckily, two of transit's top fans (there are many more, we're sure) have agreed to share why game day is one of their favourite times to drive.

"You can feel it, you can see it," said driver Lindsay Kemble. "When you have the sign 'Go Flames Go' on the bus, when you're wearing the jersey people notice and it gets them excited."

Lindsay Kemble said people love seeing her vintage jersey. It was her mom's — who bought it in the 1980s — and she wore it to the 1989 finals. It was also signed by a few players who played in that game when the Flames won the Stanley cup. This is her first time driving during a Stanley Cup playoff series.

Sukhpal Parmar has been a fan since 1988 and says he's been doing Calgary Transit playoff runs for 17 years. He said it's always a happy time, even when some customers have indulged before the game.

"People are so happy and you can see the smile on their face," Parmar said. "Even when they go to games at about six-o'clock, seven-o'clock they're happy, singing and even some of them are already drunk."

Kemble chimed in, adding that it's good that they, as transit drivers, can be a part of the excitement by giving people a safe option to get to the game and then return home.

Spokesman Ron Collins said the top priority for Calgary Transit is that their passengers have fun, but are also safe. Drivers are encouraged to have their "Go Flames Go" destinations signs on, and wear jerseys to show their play-off spirit.

"We're obviously a big part of the community," said Collins. "This is a way for us to show we are a big part of the community."

You might be thinking: why would they want to miss a game, not hear the score and see the plays? They told Metro it's because they're actually experiencing games through their passengers.

"When we're driving during the games we often get our updates as to who has scored what from our passengers," Kemble said. "I end up cheering when people come in and tell me how they're doing."

I end up cheering when people come in and tell me how they're doing.

Lindsay Kemble



Sukhpal Parmar, left, and Lindsay Kemble are ready for the playoffs, and they'll be behind the Calgary Transit wheel. ELIZABETH CAMERON/FOR METRO

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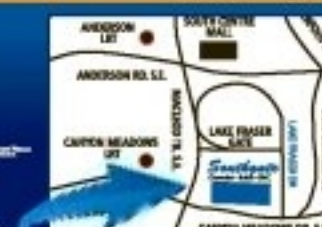
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Malala's nudge to Parliament

PARLIAMENT HILL

Teen activist an honorary Canadian, asks country to lead

The irrepressible Malala Yousafzai, the teenage Nobel Peace Prize winner who survived a Taliban bullet in 2012, delivered an enduring message of hope, perseverance and inspiration Wednesday — and did it as an honorary Canadian citizen.

Yousafzai used her newfound membership in the Canadian family and towering presence on Parliament Hill to apply a little friendly pressure, calling on the country to go beyond honorifics and take a global lead in ensuring more girls can go to school.

"I know where I stand," Yousafzai said during a moving speech to a joint session of Parliament that was punctuated frequently by thunderous

standing ovations. "If you stand with me, I ask you to seize every opportunity for girls' education over the next year."

The 19-year-old called on Canada to make girls' education the centrepiece of its work as host of the G7 next year something that would bring full circle the process of how the Pakistani activist became Canada's sixth honorary citizen.

The accolade was originally to be conferred by former Conservative prime minister Stephen Harper, whose inner circle thought honouring Yousafzai would be a logical offshoot of their government's focus on women and girls' health when Canada last led the G7.

She was to have received the honour on Oct. 22, 2014, but on that day a gunman rampaged through the very building where Yousafzai stood Wednesday.

"The man who attacked Parliament Hill called himself a Muslim, but he did not share

my faith," she said.

"I am a Muslim and I believe that when you pick up a gun in the name of Islam and kill innocent people, you are not a Muslim anymore."

The gunman "shared the hatred" of the man who attacked the Quebec City mosque in January, who killed civilians and a police officer in London three weeks ago, who killed 132 school children at Pakistan's Army Public School in Peshawar, she said.

"The same hatred as the man who shot me."

Malala sang Canada's praises throughout her speech.

"'Welcome to Canada' is more than a headline or a hashtag," she said. "It is the spirit of humanity that every single one of us would yearn for, if our family was in crisis. I pray that you continue to open your homes and your hearts to the world's most defenceless children and families — and I hope your neighbours will follow your example."

THE CANADIAN PRESS



Pakistani activist and Nobel Peace Prize winner Malala Yousafzai is presented with an honorary Canadian citizenship by PM Justin Trudeau on Parliament Hill Wednesday. THE CANADIAN PRESS

WILDLIFE

Country's butterfly, polar bear at risk

Polar bears and the Canadian monarch butterfly have been added to an international list of species and subspecies that are at risk of disappearing entirely from the planet.

The list is part of a new report released today at an international biodiversity conference in Ottawa.

The NatureServe Canada report, *On Guard for Them*, finds 517 species and subspecies found in Canada to be in jeopardy — some on the verge of extinction, others just recently classified as vul-

nerable.

Of those, 213 are found only in Canada, leaving this country solely responsible for keeping them from being wiped off the face of the earth.

The latest report includes subspecies for the first time — including one particular variant of the monarch butterfly — which is now ranked as vulnerable. So is the polar bear, which was not on the 2005 list. The polar bear was also added to Canada's national species-at-risk list in 2008.

THE CANADIAN PRESS



IN BRIEF

Researcher drowns

A renowned HIV/AIDS researcher from Montreal has died in Florida.

Police in Bal Harbour, Fla., say Mark Wainberg drowned Tuesday while swimming with his son. Acting Capt. Miguel De La Rosa says Wainberg's son was able to pull his father back to shore.

He says Wainberg, who was in his early 70s, was pronounced dead in hospital. De La Rosa says there were red flags posted at the beach.

THE CANADIAN PRESS

PHILIPPINES

Troops kill militant who murdered two Canadians

Philippine troops battling militants in a central province have killed a key Abu Sayyaf commander who had been blamed for the beheadings of two Canadian hostages in 2016.

The Philippines military chief of staff Gen. Eduardo Ano told The Associated Press that troops have recovered and identified the remains of Moammar Askali, who used the nom de guerre Abu Rami, in the scene of the battle in a far-flung coastal village on Bohol island.

Five other Abu Sayyaf gunmen

were killed in the fighting on Tuesday, along with four soldiers and policemen.

Askali was blamed for the kidnappings of John Ridsdel and Robert Hall in September 2015. The Canadians had been taken from a marina by Abu Sayyaf gunmen along with a Norwegian man, Kjartan Sekkingstad, and Hall's Filipino girlfriend, Marites Flor.

The militant group demanded a ransom, which Canada refused to pay, and both Canadian men were beheaded. THE CANADIAN PRESS

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“

**This is going to
become a major
crisis if nothing is
done to stop it.**

Mahmood Qasim

Mahmood Qasim, left, is in northern Somalia to oversee projects to distribute food and water supplies to people facing famine. CONTRIBUTED

‘Kids are fighting over empty bottles’

APPEAL

**Canadian team
staying longer
to try to avert
growing crisis**



**Gilbert
Ngabo**
Metro | Toronto

The magnitude of drought caught Mahmood Qasim and his team off guard when they landed in Somaliland (northern Somalia) last Friday.

The heat is unbearably extreme, with daytime temperature hovering around 40 C. Thousands of displaced families leave their dead livestock behind and travel hundreds of kilometres on foot to reach makeshift camps, where it's easier for aid organizations to distribute food and water. Desperate children line up on roads hoping for passersby to throw anything at them to eat.

“Kids are fighting over empty bottles, trying to squeeze out the last drop of water,” said Qasim from Mississauga, speaking to Metro this week from Ainabo,

HOW YOU CAN HELP

Somali-Canadians across the country and many other NGOs are leading efforts to assist those affected by famine in Somalia:

■ **Somali Canadian Task Force on Famine Prevention in Somalia:** Formed last month as a response to the famine, the group has raised over \$300,000 through Islamic Relief Canada. Info at islamicreliefcanada.org

■ **Horn of Africa Development Assistance:** The Ottawa-based non-profit runs development projects in Somalia aimed at fighting poverty and building capacity. To get involved or donate, visit hada.ca

Somaliland.

As a member of the Islamic Relief Canada, Qasim travelled with some members of the Somali Canadian Task Force on Famine Prevention in Somalia — one of the four countries facing a famine outbreak according to the United Nations.

Metro has chronicled the ongoing food insecurity in Somalia, Nigeria, South Sudan and Yemen. Efforts by immigrants from affected countries have sprung up across the country to raise funds for people in need of immediate assistance. The Islamic Relief Canada has committed to raising \$1.2 million for Somalia. They've

collected over \$300,000 so far.

The situation is so dire Qasim and his team had to delay their return time in an effort to reach more affected regions. About 600 households in Ainabo received food and water supplies on Monday. Another 400 displaced families in Waridaad got supplies Wednesday, while plans are underway to visit Bohotle camps near Ethiopia. Even then, Qasim knows their efforts aren't enough to avert the crisis he's witnessing.

“It's not even close,” he said. “This is going to become a major crisis if nothing is done to stop it.”

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United: 'This will never happen again'

PUBLIC RELATIONS

Executive says police will no longer be called in such cases

The chief executive of United Airlines said the carrier will no longer ask police to remove passengers from full flights after the uproar over a man who was

dragged off a plane by airport officers in Chicago.

In an interview with ABC's "Good Morning America" aired Wednesday, Oscar Munoz said he felt "ashamed" watching video of the man being forced off the jet. He has promised to review the airline's passenger-removal policy.

Munoz, who leads United's parent company, apologized again to Kentucky physician David Dao, his family and the

other passengers who witnessed him being taken off the flight.

"That is not who our family at United is," he said. "This will never happen again on a United flight. That's my promise."

In the future, law enforcement will not be involved in removing a "booked, paid, seated passenger," Munoz said.

Also Wednesday, a Chicago alderman said representatives from United and the city's Aviation Department have been

summoned before a city council committee to answer questions about the confrontation at O'Hare Airport.

Alderman Mike Zalewski said he did not know who will represent the airline before the Aviation Committee, but Munoz has been notified of the hearing.

Munoz called the embarrassment a "system failure" and said United would reassess its procedures for seeking volunteers when a flight is full. THE ASSOCIATED PRESS



Travellers check in at a United Airlines desk at Chicago's O'Hare International Airport on Wednesday. GETTY IMAGES

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WHITE HOUSE

Spicer apologizes for his Hitler comment — again

White House press secretary Sean Spicer said Wednesday that his attempt to compare the Holocaust and Syrian President Bashar Assad's use of chemical weapons was "inexcusable and reprehensible" and was made all the worse by this being a holy week for Christians and Jews.

He said the comment, made Tuesday at the White House briefing, was personally and professionally disappointing, and he asked for "folks' forgiveness."

"To make a gaffe and a mistake like this is inexcusable and reprehensible," Spicer said during a previously scheduled appearance at a forum on the presidency and the press sponsored by the Newseum. Christians are preparing for Easter on Sunday, and Jews are celebrating Passover.

"It really is painful to myself to know that I did something like that," Spicer said. "That obviously was not my intention. To know when you screw up that you possibly offended a lot of people ... I would ask obviously



White House press secretary Sean Spicer THE ASSOCIATED PRESS

for folks' forgiveness to understand that I should not have tried to make a comparison."

It was Spicer's second apology in as many days, following an initial mea culpa Tuesday during an interview with CNN.

In the CNN interview, Spicer said his comments did not reflect Trump's views but "were a distraction from him and frankly were misstated, insensitive and wrong." He added, "Obviously it was my blunder." Spicer reiterated that sentiment at Wednesday's forum.

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Bull challenges the Fearless Girl

STREET ART

Sculptor says statue violates artistic copyright



Andrew Fifield
Metro | Toronto

Wall Street's Fearless Girl has spent weeks in a staring match with Charging Bull, and the bull blinked first.

The statue of the steadfast girl, which appeared on March 7 to mark International Women's Day, was created by artist Kristen Visbal and was commissioned by a New York advertising firm and a Boston investment bank as a pointed message to corporate America about the lack of women in their boardrooms.

However, where others see an inspiring note for women and girls, the sculptor behind the bull, Arturo Di Modica, sees "an advertising trick" that is violating his legal rights.

"I put it there for art," the Italian-born artist told MarketWatch in March. "My bull is a symbol for America. My bull is a symbol for prosperity and strength," adding that Fearless Girl infringes on his artistic copyright by offsetting it with a distinctively different element.

This week, in a bid to once again make his bull the master of its domain, Di Modica has turned to another symbol for America: threats of litigation.

The Italian-born artist has enlisted a lawyer to challenge city officials that granted the permit. Attorney Norman Siegel says he will be seeking the decision's paper trail to en-



Fearless Girl appeared on Wall Street on March 7 to mark International Women's Day. GETTY IMAGES

sure proper procedures were followed. Attorney Norman Siegel says he will be seeking the decision's paper trail to ensure proper procedures were followed.

Perhaps ironically, Di Modica's pursuit may be a violation of the bull's own guerrilla past. The 7,000-pound sculpture was first dropped in front of the New York Stock Exchange in the middle of a 1987 night – without a permit – as a message of resilience in the wake

of a financial crash. Much like its future island rival, the bull immediately set the city buzzing and officials eventually acquiesced to intense public pressure to make the piece a permanent fixture.

For her part, Fearless Girl's creator says she has no hard feelings. "I love Charging Bull," Kristen Visbal told the Associated Press last month. "But women are here, and we're here to stay."

Whether she stays or she goes, the resolute sculpture has already changed her neighbourhood. "The girl has changed the meaning of the bull forever," said David Levi Strauss from the Manhattan School of Visual Arts. "With public art like this, it's a Rorschach test onto which people are projecting their own opinions and feelings."



The girl has changed the meaning of the bull forever.

David Levi Strauss

LEGAL MARIJUANA

Bill may call for plain packaging

Growers on the cusp of Canada's nascent marijuana industry are bracing for Thursday's long-awaited Liberal legislation on legal pot, which sources say is expected to require the newly unshackled drug to be sold only in plain, brand-free packaging.

The prospect of plain packaging, which tobacco manufacturers are also opposing, has pot producers warning the federal government that they won't be able to compete with the black market without some form of branding.

Health Minister Jane Philpott



Pot producers warn they won't be able to compete with the black market without branding. THE CANADIAN PRESS

spoke to a Senate committee Wednesday about requiring plain packages for tobacco products — a measure that was also

recommended by the federally appointed task force on marijuana.

In an interview, Philpott would neither confirm nor deny that the new bill would require plain packaging for legal marijuana, offering only that there are indeed public health lessons to be drawn from the experience with tobacco.

Prior to the bill's introduction, a number of prominent producers lobbied the government to resist the notion of plain pot packaging.

THE CANADIAN PRESS

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VINAY MENON ON BILL O'REILLY'S VACATION



O'Reilly told viewers he'd be back in two weeks. But there is an internal debate at Fox about his future.

Bill O'Reilly is taking a vacation that should be permanent.

"This time of year, I grab some vacation because it's spring and Easter time," O'Reilly told viewers on Tuesday night, sporting the fake smile of a creep under siege who secretly fears the jig is up. "Last fall, I booked a trip that should be terrific."

He did not reveal his itinerary, possibly to avoid tipping off women he may decide to sexually harass on his travels: "Yes, front desk? I need some loofah and your hottest cleaning lady sent to my room, pronto. Is there a masseuse on staff, preferably of Balinese descent? I'd like to show her something. Do you know if there are any Scandinavian flight attendants staying here? Oh, I see. Well, what are you wearing right now? Care to visit my pro-spin zone?"

Is this grossly unfair? No. Actually, it's not. If the above references are unclear, read the 23-page statement of claim in a sexual harassment lawsuit that a former producer from The O'Reilly Factor filed in 2004. It's a mind-blowing document that ended up on The Smoking Gun; just don't read it if you're eating a falafel, or ever again plan to eat a falafel.

At the time, Fox News treated the lawsuit as a regrettable aberration, possibly even one big misunderstanding. It was a one-off, execs whispered to reporters off the record — a one-off that warranted no official reprimand.

O'Reilly, then as now, was the network's biggest star. And even if he's widely perceived as a huffing and puffing gasbag who profits from random skir-

mishes in the culture wars he starts with his arsenal of intellectually dishonest grenades, he was and is ratings gold. Fox News without Bill O'Reilly, went the thinking inside Fox News, would be like McDonald's without the Big Mac.

Yes, unless the Big Mac was suddenly linked to a massive outbreak of E. coli.

After a number of scandals at the network recently — including the dismissal of former chairman Roger Ailes last sum-

mer over, yes, charges he sexually harassed a number of female employees — can Fox afford to keep its biggest money-maker?

That's the real question. As O'Reilly says, "The truth hurts." And the truth is that after scolding the world for more than two decades, after harnessing populist rage and making a killing as an alleged champion of decency and family values, O'Reilly's alleged indecency is now the story.

Unlike the lawsuit in 2004, the story this time won't fade into the ether. As this month's exodus of advertisers from The O'Reilly Factor suggests, companies are now far more likely to take a zero-

tolerance stand against sexual harassment. Sponsors don't want to be associated with predatory allegations. The top-line damage to reputation overshadows the bottom line. O'Reilly's downward spiral started earlier this month with an investigation by the New York Times. The newspaper discovered a total of \$13 million has been paid to five women over the years "in exchange for agreeing

relationships with them, causing some to fear that if they rebuffed him, their careers would stall."

That pattern, incidentally, was crystal clear in the 2004 lawsuit, which according to the Times, was settled out of court for roughly \$9 million. But nothing was done.

So now O'Reilly is "on vacation." If he's traveling on United Airlines and the flight is overbooked, maybe he'll be dragged off the plane, battered and bruised. If that happened, he'd at least get a taste of how it feels to be abused by those in authority, to have his personal safety compromised and his rights violated just because someone thought they could get away with a reprehensible act.

He might even get new insights into what he's accused of doing.

O'Reilly told viewers he'd be back in two weeks. But as New York magazine reported on Tuesday night, there is an internal debate at Fox about his future.

There are those who believe he should never return from vacation.

Ironically, that's exactly what O'Reilly would favour if similar charges were levelled against a rapper, Hollywood liberal, feminist, leftist, atheist, tree-hugger, moonbat or any of the other enemy groups he's railed against as the stern granddaddy of conservative censure. He'd be screaming for blood right now.

This might be something he thinks about if his vacation never ends.

Vinay Menon is a Toronto Star entertainment columnist.



Fox News host Bill O'Reilly should make his upcoming vacation permanent, writes Vinay Menon. AP PHOTO

Students need role models to achieve true equity in school



Vicky Mochama
Metro

School can be pretty racist.

At one dance at my high school, a couple students showed up drunk. The school naturally involved the parents. In the end, the white kids who'd broken the rules were given light punishments, but the black boy was given a full week's suspension.

This was standard at my school. The white kids were given the benefit of the doubt while the full weight of the institution was brought to bear on the black students. At times, it was punitive. But at others, it looked like the bigotry of low expectations, such as guidance counsellors who steered black students away from university-oriented courses and toward college or technical ones.

There is another way school can be pretty racist. I lucked out on having parents who used to be teachers. But in 12 years of education across six schools, I only ever had one black teacher.

A recent working paper from the IZA — the Institute of Labor Economics found that having just one black teacher during elementary school decreases the probability of low-income black boys dropping out by nearly 40 per cent. Moreover, black students who'd had one black teacher were more likely to say they expected to go to college.

While the research is American, the conclusion is useful for schools here: Diversity within the teaching ranks isn't just a statistical

measure about "representation." It is actually essential for students to see role models in order to imagine their own success.

Equity builds on diversity by letting students of all races see teachers of colour in a range of positions within education.

Another American study showed that students of all races are more likely to have positive perceptions of teachers of colour, and that this perception was linked to performance in standardized tests.

Canada's demographic changes are going to be felt in our schools. Around cities especially, the commitment of school boards to equity is going to affect how well non-white students do.

For a long time now, parents in York Region District School Board, just north of Toronto, have complained that their kids were facing a system of racism and discrimination. A report this week vindicates the parents. The trustee who referred to a parent with a racial slur isn't an anomaly but, rather, proof of a systemic problem and a lack of skilled leadership.

The report notes that under the current director of education, the board had made equity "a foundational practice." Parents, however, were unclear what that meant. Furthermore, presentations on equity showed no specific plans or targets.

Equity — and its partners, diversity and inclusion — have become vague terms. But in school, especially, it is essential that they are clearly understood and made a priority.

metro **VIEW** **Safe Space**

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Love and longing before there was Sex and the City

INTERVIEW

Poet Emily Dickinson portrayed by Cynthia Nixon

Richard Crouse
For Metro Canada



"Success is counted sweetest, By those who ne'er succeed," wrote Emily Dickinson in one of the seven poems she published during her lifetime.

Those lines must have played on the minds of the filmmakers behind *A Quiet Passion*, a biopic of the reclusive nineteenth century poet. Production suffered setback after setback while bringing the story to the screen.

Five years after being offered the role Cynthia Nixon said, "I never thought it would come together. I thought, 'Thank you for thinking of me, it is a good part for me but I don't see how you are going to get this made.'"

The former *Sex and the City* star often thought about the project but claims she was never impatient at the film's

lack of progress.

"I started acting as a 12-year-old and I went to a very tough school and what that taught me was that when I was up for a job that I really wanted and I didn't get, I would think to myself, 'At least I don't have to do double duty. I don't have to do school and work.' Now I have three children and am married. I run a household so when I am not working, I feel it less than other people."

"If you are in something for the long haul you are not constantly taking its temperature."

It took years but Nixon and director Terence Davies succeeded in telling Dickinson's story, bringing to cinematic life not only the facts — she was reclusive and never married — but also the essence of a person with an insatiable need to question societal norms.

"The questions she is asking as a person and as a woman," says Nixon, "they are big questions. How do I deal with all this love I feel? What does it mean to be intimate with another person? Will I lose myself and do I want to lose myself? I think she was so ahead of her time in thinking these things were an option, like whether she would

marry or not. For her that was a question. It wasn't like she was dying to get married and didn't. She chose not to. Whether she was going to be a mother or not. These are questions that women today deal with as a matter of course but most nineteenth century women would not have even stopped to consider."

Nixon says Dickinson's ideas and words have been a constant in her life. "We had a record at home of Julie Harris reading some of the poems and the letters. I would listen to them again and again so some of the better-known poems and letters I learned by heart."

Dickinson died 130 years ago but Nixon feels there are timely elements in *A Quiet Passion* for today's audiences.

"If you think about the mid nineteenth century in America and you think about the issues we were dealing with in terms of women, it is a straight line from there to here. We've obviously come very far but it is exactly the same issues. Are women going to be treated equally?"

She saw the jump between the way things are supposed to be and the way things are, and she didn't try to wallpaper over anything."

“She was so ahead of her time in thinking these things were an option, like whether she would marry or not.”

Cynthia Nixon on Emily Dickinson



Five years after being offered the role as Emily Dickinson, actress Cynthia Nixon thought the film would never come together, writes Richard Crouse. CONTRIBUTED

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DETAILS INSIDE!



metroLIFE Movies

Weekend, April 13-17, 2017 35



Take a flagging franchise, add Dwayne Johnson and watch flaccid box office numbers suddenly grow, writes Richard Crouse. CONTRIBUTED

Johnson is 'franchise Viagra'

IN FOCUS

Former wrestler is Hollywood's biggest actor

Richard Crouse
For Metro Canada



A movie star is someone who can carry a movie, a person audiences will line up to see no matter what the film. There's no formula, just equal parts talent, charisma and staying power.

For years Tom Cruise and Will Smith ruled the Hollywood roost, but Cruise's couch jumping tarnished his star (unless he's headlining a movie with the words Mission Impossible in the title) and Smith has hit a box office rough patch.

These days, Hollywood's biggest movie star — both physically and metaphysically — is a former wrestler who made his acting debut playing his own father on an episode of That '70s Show. Since then Dwayne Johnson's paycheques have blossomed along with his popularity and in 2016 he was the world's highest-paid actor, in part due to his reputation as "franchise Viagra."

MOVIE RATINGS by Richard Crouse

Their Finest ★★★
Maudie ★★★★★
Gifted ★★★★★
A Quiet Passion ★★★★★
My Entire High School Sinking Into The Sea ★★★★★

HOW RATING WORKS
★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★ SKIP IT

It's a simple formula. Take a flagging franchise; add Johnson and flaccid box office numbers suddenly grow. Case in point, the Fast and Furious series. Johnson signed on for the fifth instalment, playing Diplomatic Security Service agent Luke Hobbs, helping that movie make north of six-

hundred million dollars. His over-the-top presence — who else could remove a cast from his broken arm simply by flexing his oversized biceps? — drove the grosses of the next two F&F movies to the stratosphere. This weekend's The Fate of the Furious is poised to shatter even more records.

His is a varied filmography: a resume containing everything from the highbrow, abstract sci-fi flick Southland Tales, and the bloody b-movie Walking Tall, to the family friendly Tooth Fairy and the pedal-to-the-metal Fast & Furious flicks. But they are bound together by one thing — his innate star power.

Haters, like a recent commenter at Variety.com, who complained that Johnson, "has never done a compelling complex character, only mindless good vs evil roles," miss his populist appeal.

Despite his Greek God physique, he's an everyman, a charismatic crowd-pleaser

with a cocked eyebrow.

His appeal continues off screen as well. He's a big deal now but that wasn't always the case and he's positioned himself as an inspirational figure, a muscle bound Tony Robbins. "I started w/ \$7 bucks. If I can overcome, so can you," he tweeted when he was crowned the World's Highest-Paid Actor.

"I have enjoyed a good amount of success and I'm very grateful for everything I have," the bulky actor told me a few years ago.

"I'm very grateful for being who I am. I make sure to approach every project and everything I do as if it is going to be my last," Johnson said.



Michelle Rodriguez equated the drama between The Rock and Vin Diesel to a family squabble. CONTRIBUTED

FAMILY FEUDS

Diesel-Rock drama is 'business as usual'

The Fast and the Furious franchise has seen its share of drama outside of the films, but rumoured infighting between the series' biggest stars, Vin Diesel and Dwayne "The Rock" Johnson, is uncharted territory for the long-running series.

The riff was put into the spotlight last year when Johnson, while shooting The Fate of the Furious, took to Instagram to both express appreciation for his female co-stars and embarrass some of his male counterparts for unprofessional behaviour, calling them "candy asses." It's alleged he was referring to Diesel.

But at the film's world premiere in New York, many attributed the situation between the two stars as nothing more than "business as usual" on a film set.

Johnson and Diesel were not seen together during promotional appearances, nor did they pose together on the red carpet. Johnson walked the carpet at the beginning of the premiere, while Diesel arrived later.

Michelle Rodriguez, who plays Letty in the series, equated it to a family squabble.

"If you know a family that never fights, then I think ... you just met a Stepford family, and



If you know a family that never fights then you just met a Stepford family

Michelle Rodriguez

that family is (expletive)," Rodriguez said. "It's not real."

Kurt Russell, who is back as Mr. Nobody, didn't notice any bad blood on the set. But he also

said conflict is not an unusual thing on movie sets in general. "I'll tell you what I can tell you: All movies are the same. Sometimes they are not an easy ride," he said.

Russell feels the public paid attention to the rumours simply because of the popularity of the eight-movie franchise.

Off-screen intrigue isn't expected to hamper box office results, however. The latest installment in the \$3.9-billion franchise is expected to earn over \$110 million when it speeds into theatres on April 14.

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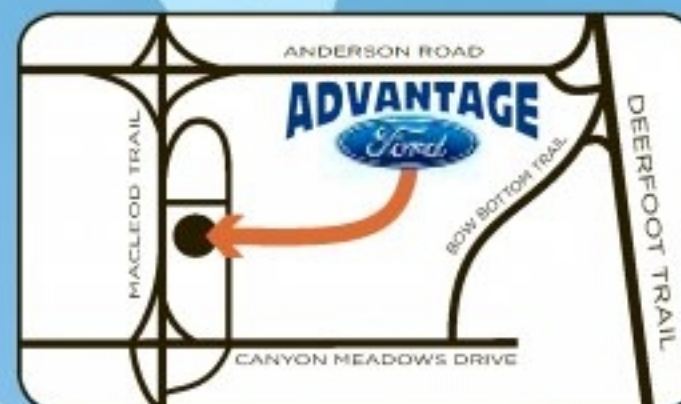
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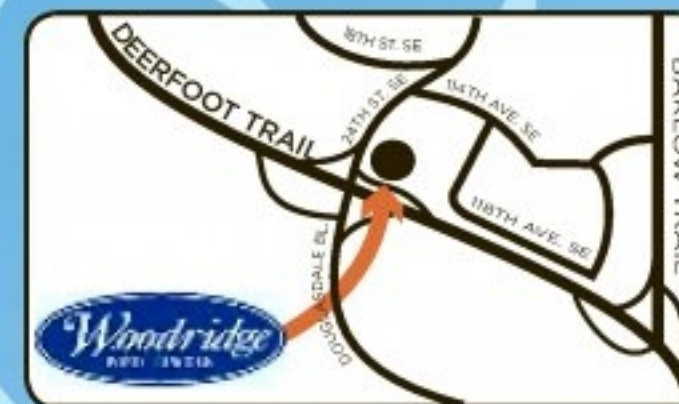


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Movies | metroLIFE

When true romance is 'like a pair of odd socks'



A romance blossoms between Everett, played by Ethan Hawke, and Maudie, played by Sally Hawkins, as her art slowly gains fans in Maudie. The biopic of the Nova Scotia artist opens this weekend. CONTRIBUTED

INTERVIEW

Ethan Hawke says he relishes chance to play gruff character

Richard Crouse
For Metro Canada



In *Maudie*, a biopic of Nova Scotia folk artist Maud Lewis, Ethan Hawke plays Everett, the artist's brusque husband. "You walk funny," he says when he first meets her. "You a cripple? You sick?" In other words, he's not exactly a charmer.

"It's always fun and such and such a great experience to get to play a character that audiences love," says Hawke. "It feels really good. But often to tell a really interesting story you have to play people who are badly behaved. I feel that as gruff and as unacceptable as a lot of Everett's behaviour is, it is not uncommon at all of men of that time period. I remember my grandmother always accusing my grandfather of not wanting a wife but a maid. He's somebody that in the course of that relationship learns how to love."

As romance blossoms between them, Maud's art — handmade postcards, paint-

ings — slowly gains fans, including Vice President Richard Nixon who purchased a landscape by mail. As Maud's increasing recognition threatens Everett's simple way of life their union becomes strained.

"I found that story really surprising. The subtle details of their internal power shifts, I thought, were really true to life. All long-term relationships have strange power dynamics and the behaviour within the couple is always shifting about who's in charge and in charge of what, and what that does to their love and how that changes."

The couple is, as Maud says, "like a pair of odd socks."

"I thought it was a beautiful journey to go from someone who was abusive to somebody who knew how to love and care for another person. That's an interesting character to get to play."

The script caught his eye not only because of the chance to play a complicated character but also because of his affinity for Nova Scotia.

"I bought a place in Nova Scotia probably in the late nineties. I've been going up there once or twice a year every since then. I love it up there."

"Through a friend of a friend they thought I might like the script just because I like Nova Scotia so much. They

were right. Of course then they tricked me and the shooting ended up being in Newfoundland. I thought I could shoot this movie and live in my house, but I couldn't."

Maudie is a movie about small moments; an exchanged look, a caress. Like its real-life inspirations, the film is unpretentious — occasionally gruff but always honest and truthful.

"Most of us aren't in giant espionage battles or helicopter chases. Most of us don't need a superhero," Hawke says. "For most of us the real events of our lives correspond around love. The losing of it, the gaining of it. How we feel about any given time period of our life has to do with that and I think it is very difficult to make love stories for adults because they're very complicated."

"Arthur Miller has a great quote about how everybody is interested in stories about falling in love and getting married, or stories that start with a break up but end in somebody finding resolution. But what is very difficult to do is show the actual relationship. I love this story for the messiness of the real life in it."

LOST ART

Maud Lewis painting to be displayed

A recently discovered painting by Maud Lewis went on display Tuesday, as the Art Gallery of Nova Scotia highlights its collection of the famed folk artist's works to coincide with a new feature film on her life.

The work entitled "Portrait of Eddie Barnes and Ed Murphy, Lobster Fishermen, Bay View, N.S.," was recently found by volunteers sorting through donations to the Mennonite Central Committee Thrift Centre in New Hamburg, Ont.

The painting will be on display Tuesday through Sunday along with a small display

of photographs from the film and costumes worn by actors Sally Hawkins and Ethan Hawke.

The painting will also be on view from April 21 to May 19 at the Homer Watson House and Gallery in Kitchener.

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DIGEST****AWARDS****Adam Lajeunesse wins
Dafoe Book Prize**

Historian Adam Lajeunesse has won the \$10,000 J.W. Dafoe Book Prize for his look at Canada's claims to sovereignty in the Arctic.

Lock, Stock, and Icebergs: A History of Canada's Arctic Maritime Sovereignty (University of British Columbia Press) beat four other finalists for the prize on Wednesday.

The book runs down the economics, politics, international law and the geography of the area that is contested by Canada, Russia and the United States. Jury members called it a "thorough, judicious, and absorbing book."

Named after a prominent editor, the prize honours non-fiction titles concerning Canada. **THE CANADIAN PRESS**

**MANUSCRIPT AUCTION
Rare text expected to
fetch \$2-3M**

A 161-page typed manuscript that became the guiding text of Alcoholics Anonymous will get its first public exhibition next month before being sold at auction.

The firm Profiles in History announced Wednesday that it will sell the manuscript on June 8 in California. It is expected to fetch \$2-3 million. It will be displayed at the Questroyal Fine Art gallery in Manhattan from May 18-20.

The manuscript includes handwritten notes made by Alcoholics Anonymous co-founders William Griffith Wilson and Dr. Bob Smith, Wilson.

First published in 1939, the tome includes the famous 12-step program aimed at stopping addiction. It has sold more than 30 million copies and in 2012 was named by the Library of Congress as one of the 88 Books That Shaped America. **THE ASSOCIATED PRESS**

Big Data shows writers don't always follow their own advice

NON-FICTION

Math meets fiction in Ben Blatt's unique new offering

Genna Buck
Metro Canada



Mathematician and journalist Ben Blatt, author of the new book Nabokov's Favourite Word is Mauve, set out to see what big data had to say about some of the biggest names in books.

He digitally analyzed the thousands of texts, from classics to bestsellers, and came up with some surprising findings.

Notorious adverb-hater Ernest Hemingway, for instance, was an average adverb user. Fan-fiction authors use a colossal number of exclamation points. And yes, Russian literary giant Vladimir Nabokov had a curious fondness for the adjective "mauve." Metro spoke with Blatt about the secrets hiding in our favourite reads.

Where did you get the idea for this book?

I had this thought that every book essentially has 100,000 data points, if you consider a word a data point. And I didn't think anyone had really gone through these books to do experiments, who had an interest in writing and also a math background.

What were the big take-aways?

This book is not prescript-

ive. But I did spend some time going through classic advice from writers. For example, Elmore Leonard said not to use exclamation points.

At the time, he was actually an average user of exclamation points. Then, he followed his own advice and started using hardly any.

That was a reoccurring pattern: A lot of times writers tend to give advice on things they might not be following themselves. Looking at the numbers is more informative.

What were some of the most surprising findings?

In the last 50 to 55 years, the sentences have gotten shorter and words have gotten simpler in New York Times bestsellers. It's about two grade levels. The most complex book since 2010 would have been the most simple in the 1960s. It's a very noticeable shift in what is considered writing that would reach the masses.

Any new insights into well-known writers?

A lot of writers say not to open on weather. But Danielle Steele, who is one of the most-read authors writing today, I went through 90 of her books, and close to 50 per cent begin with weather.

I also looked at which authors used 4,000 of the most common clichés. In particular James Patterson, who by most counts is the most-read, most-sold author in America living today, uses the most clichés by a wide margin, even com-

BY THE NUMBERS

55%

Blatt looked at the ratio of the pronoun 'he' to the pronoun 'she' in classic literature and bestsellers. Books by women had a slightly female-centered approach: generally 55-60 per cent 'she.'

75%

But the average for males is closer to 75 or 80 per cent 'he.'

95%

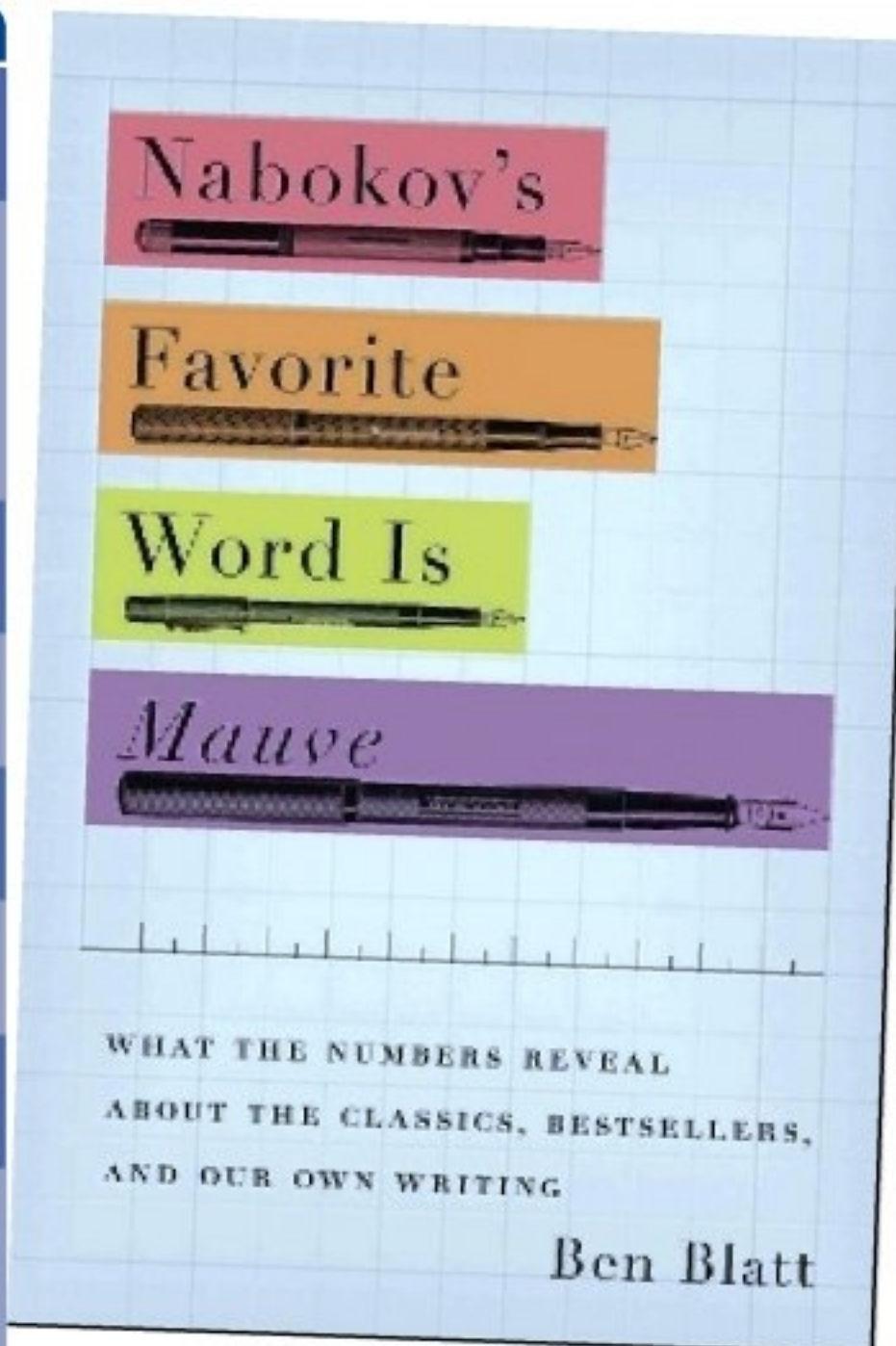
And some books that are considered great are 95 per cent or more 'he.'

1

"You never come across a book that's taught in school that is the opposite of that," says Blatt, of the prevalence of male pronouns. "It was very shocking. The Hobbit was a really striking one. There literally is just one 'she.'"

pared to similar authors. But apparently people love his writing, so it's hard to fault him.

Did you come out with a new idea about what makes a great writer?
What makes a great writer



is definitely unique style. More concise, more direct, less fluff, that's just the way that writing is drifting today. Those types of books are more likely to be well-read and well-reviewed. Simple words can travel far.

You study a core group of well-regarded and well-loved books. Did you let the computer read them or have you read them?

For the 50 authors I always run stats on, and any author I mention in the actual text of the book, I read one book by each of those authors to make sure that my numbers and my perspective were adding up. It's cool to do that with authors like Kurt Vonnegut. I've read every single book he's ever written, but not really thought about (his) writing style directly.

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The Olympic figure skating star emotionally revealed the miscarriages to her dance partner during Monday's episode of *Dancing with the Stars*. In an interview on ABC's *Good Morning America* that aired Wednesday, Kerrigan called the miscarriages "devastating." THE ASSOCIATED PRESS





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Lilly Singh is a total Bawse

INTERVIEW

YouTube star trades viral for vulnerable in debut book

Sue Carter
For Metro Canada



Lilly Singh is often called an overnight success, but in reality, her fairytale rise to fame is the result of what your grandma might have called old-fashioned elbow grease.

In late March, the YouTube superstar made her third appearance on the Tonight Show with Jimmy Fallon. Within a week, after releasing a couple new videos, Singh returned to her old high school, Lester B. Pearson Collegiate Institute in Scarborough, presenting on behalf of First Books Canada, a literacy program that donated 650 copies of her new book, *How to Be a Bawse: A Guide to Conquering Life*, to an auditorium full of screaming teenagers.

The following day in Toronto, while on her international 34-date book tour, Singh sits in a boardroom at her Canadian publisher, Penguin Random House Canada, for media interviews. There's a handmade pillow sewn by her mother on the chair beside her, a reminder of home wherever she travels.

Singh was 22, living in her parents' Markham home, depressed and caught in a dead-end job when she started producing her own YouTube videos under the alias Superwoman. Her early content catered mostly to South Asian teens, but as she began to share more observations about life as a young woman, the universality of her mildly feminist messages and straight-up comedy went viral.

In a few years, Singh has amassed over 11 million subscribers and two billion views on the video platform, a sold-out international comedy tour and a role in the Mila Kunis film *Bad Moms*. *Forbes* declared her the highest-paid woman on YouTube and its third-highest earner overall, with estimated 2016 earnings of \$7.5 million USD.

Singh had been offered book deals before signing with Random House for *How to Be a Bawse*, but didn't feel she had enough to say.

"I didn't want to write a book just for the sake of it," she says. "I want it to be something that has a point of view, and a message. A lot of cool things have happened and I feel that I need to extract the lessons from those experiences. Now I feel I can offer something."

Singh says writing the book, which took a year, allowed her to show a more vulnerable side to her fans.

How to Be a Bawse caters mostly to her young 13-24 demographic, but her message to

millennials is old school, with chapter titles like *Don't Overthink and Commit to Your Decisions*.

"We are in this environment where we're easily validated by social media," says Singh.

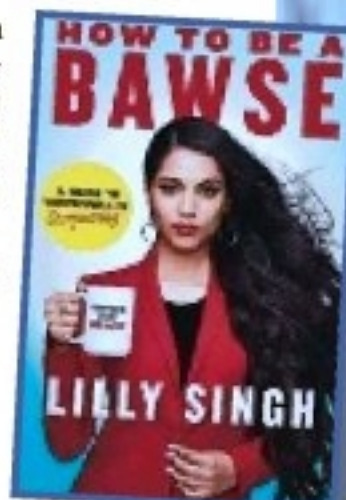
"No one wants to go to the gym, they'd rather take a selfie at the gym. But I want to bring back the art of hard work." (If there's doubt that the BuzzFeed generation is open to motivational advice from books, *Bawse* became a national best-seller the week after its release.)

Singh tries to live up to her own advice. Yet she is also fearful of reaching a level of superstardom where her values become blurry.

Every morning she reminds herself: "This is great but don't forget the person you want to be."

That also meant learning how to publicly acknowledge her successes. Singh used to be embarrassed about the *Forbes* article, fearful of coming across as boastful. But now, in true bawse style, she says, "I own it and say I am super proud."

Sue Carter is the editor at Quill & Quire magazine.



Forbes declared Singh the highest-paid woman on YouTube and its third-highest earner overall, with estimated 2016 earnings of \$7.5 million USD. GETTY IMAGES

NOTICE OF ANNUAL GENERAL MEETING

The Calgary-Hays Progressive Conservative Constituency Association includes the communities of Quarry Park, Douglasdale, Douglas Glen, McKenzie Lake, Mountain Park, McKenzie Towne, Prestwick, Elgin, Inverness and Shepard Industrial Park

The Calgary-Hays PC Constituency Association will hold their AGM on May 13, 2017 at 10am at the McKenzie Towne Hall, 40 McKenzie Towne Blvd. S.E., (Banquet Hall) for the purpose of electing a Board of Directors. Those who hold an active Progressive Conservative Association Membership in good standing and reside in the Calgary-Hays Constituency are eligible to vote. Memberships may be purchased at the meeting.

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INTERVIEW

Acclaimed author talks books, shows and cameos

Margaret Atwood is notoriously late for interviews. She's also renowned for not necessarily answering the questions you've posed, but for giving answers to her own unasked queries instead, in turn quizzing the interviewer.

At 77 years old and with more awards and honorary doctorates than are perhaps possible to count, the Canadian author is easily forgiven. If anything, these quirks add to her mischievous charm and wise aura, and leave you feeling as though you've just had an important conversation about the world rather than having simply discussed the latest in "speculative fiction."

That's the wide-reaching, self-definition Atwood attaches to her futuristic, dystopian novels like *The Handmaid's Tale* and the MaddAddam series, tomes that are proving to be more relevant today than when she first wrote them. And with a number of her works getting the TV treatment — Bravo premieres the Alexis Bledel and Elisabeth Moss-led *The Handmaid's Tale* on April 30 just as Kids' CBC unrolls a 26-part children's series on April 29 based on the author's *Wandering Wenda* and Widow Wallop's *Wunderground Washery* — these stories are about to be available to audiences in more ways than ever before.

Add another CBC adaptation in the upcoming Sarah Gadon-starring *Alias Grace* and MGM's development of the dystopian offering *The Heart Goes Last*, and the prolific — and maybe prophetic — author seems to be everywhere these days.

That includes cameos, executive producer titles and even working on a potential sequel to *The Handmaid's Tale* (although the writer is cagey about that last point, neither confirming nor denying the rumours that surfaced after this month's release of a special audio version of the book that hinted at a followup tale).

"Executive producer is a very stretchy term," she says, going back to her various titles. "What it meant in the case of *Wandering Wenda* is going through several iterations of ideas and being part of those discussions. But it didn't mean



The *Handmaid's Tale*, starring Alexis Bledel, premieres April 30. Atwood makes an appearance in that show as well as the *Alias Grace* film (seen below right). LIZ BEDDAL/FOR METRO; CONTRIBUTED

that I wrote the series because I didn't. It also seems to have meant that I have an introductory cameo at the beginning."



Honest, I'm not a prophet. If I were a prophet I would have cleaned up on the stock market tears ago.

Margaret Atwood

The author says that so far she's impressed with what she's seen of executive producer Bruce Miller's take on *The Handmaid's Tale*, simply calling it "great" and alluding to more departures from

the open-ended novel in the already anticipated second season.

She also reveals that her cameos came with their own challenges. She called her *Handmaid's Tale* appearance "horribly upsetting" and "too much like history" in a guest column for the *New York Times* (watch for a slightly physical scene between Atwood and Moss's character Offred in the pilot), and reveals less than ideal weather conditions for a top-secret stint in *Alias Grace*, which does not yet have an air date.

For those keeping track, TV is just the latest extension of Atwood's brand. Between her novels, children's series, the third volume of her first graphic novel, *Angel Catbird*, planned for summer, not to mention a plethora of speak-

ing engagements, red carpets and media events tied to *The Handmaid's Tale* release (she'll be at a screening of the first episode at Innis College April 26), Atwood has far from limited herself creatively.

"How is it that I can do all these different things?" she wonders. "Always did. Always have. In high school, on one hand I was writing dismal poetry but on the other hand I was putting on the world's only home economics opera."

Given all that, you can't blame us for wondering where she'll venture next. Wherever it is, just don't call her a prophet.

"I'm not a prophet. Honest, I'm not a prophet. If I were a prophet I would have cleaned up on the stock market years ago."

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Vikram Vij says success came at a cost

MEMOIR

Famed chef admits ego led to the end of his marriage

Vikram Vij never dreamed he would become an acclaimed chef in his adopted homeland, or that he would own

a culinary empire by the age of 50.

Nor did the Vancouver-based chef foresee he would be called upon by Prime Minister Justin Trudeau and Defence Minister Harjit Sajjan to cook for Canadian Forces overseas, or that he would serve celebrities like Tom Cruise and Martha Stewart.

In his new memoir, *Vij: A Chef's One-Way Ticket to*

Canada with Indian Spices in His Suitcase (Penguin Random House), the chef reflects on his journey from India to Austria, where he went to school, and finally to Canada.

"I'm like this little kitchen knife," he says during a recent interview in Toronto, while holding up a chef's knife.

"I went to Austria and I was beaten and shaped. And

I was sharpened in Canada. This is who I am. I'm an alloy of these three countries. Knives are never made of one element. They're made of two, three different elements."

Vij says his goal throughout his career has been to expose Canadians to the cooking culture he left behind in India and show that the cuisine is more than butter

chicken and tikka masala.

He uses local food and drink and adds his own twist.

"I'm not saying I'm authentic Indian. I am Vikram Vij and that's the food you're eating...We're all products of where we live," he says.

The Amritsar, India-born chef says he's delighted that Canadians have embraced his style of cooking, and pointed to a fundraiser in Chatham, Ont., last week that attracted 175 people.

"Imagine 25 years ago if somebody had said, 'Let's go and watch an Indian chef cook and eat his food,' probably five people would have showed up, and out of those five, four of them would have been family members because they would have been there just to support you," Vij says.

"So my point is we've come a long way as a nation."

He too has come a long way and credits his ex-wife Meeru Dhalwala for helping him build his brand.

Along with his flagship restaurant Vij's, opened in 1994, he and Dhalwala also co-own Rangoli and have collaborated on three books: *Vij's at Home: Relax, Honey*; *Vij's*

Elegant and Inspired Indian Cuisine; and *Vij's Indian*.

Vij also became a household name in Canada with TV show appearances on *Top Chef Canada*, *Chopped Canada*, *Recipe to Riches* and *Dragons' Den*, which helped his empire grow to include other restaurants and a food truck, plus partnerships with brands including Air Canada, *Chefs Plate* and *Neal Brothers*.

But he admits his success has come at the expense of his marriage.

The couple still do work together and have weekly family dinners with their daughters when they're all in Vancouver.

"I still love Meeru. We hang out all the time. We joke all the time. She is the love of my life. I have hurt her tremendously because of my ego, doing 50 things by the age of 50. And I'm OK to admit it because admitting to your crime is the first step towards recovery. You can always point fingers and say, 'She did it. He did it.'"

"I put it in the book: 'If you're going to fail, fail loudly. Say it: I screwed up.'"

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Chef Vikram Vij of Vancouver prepares chicken biryani in the Chefs Plate kitchen in Toronto. THE CANADIAN PRESS/DAN ROBB



Actress and writer Sarah Michelle Gellar has released a new kid-oriented cookbook called *Stirring up Fun with Food* (\$36.50, Grand Central Life & Style). EVAN AGOSTINI/INVISION/AP

Sarah Michelle Gellar's tasty pancake muffins

RECIPE

Slay brunch with this dish from former Buffy star

Karon Liu
life@metronews.ca

Nostalgia is one helluva drug, whether we're talking about a Full House reboot, a Fresh Prince reunion or the 20th anniversary of Buffy the Vampire Slayer.

Since Buffy ended, the butt-kicking Sarah Michelle Gellar had a few starring roles (such as the cancelled sitcom *The Crazy Ones* with the late Robin Williams) and in 2014, she along with the book's co-author Gia Russo founded Foodstirs, an online food company that sells organic baking kits and mixes for children.

Think of it as the food version of the Honest Company, the baby-oriented household goods company co-founded by fellow TV action star Jessica Alba of *Dark Angel*, which aired in the early '00s.

Gellar and Russo's new offering is *Stirring up Fun with Food* (\$36.50, Grand Central Life & Style), a kid-oriented cookbook focusing on healthy

MAKE THIS AT HOME

Bite-size pancake muffins

I have to hand it to Gellar and Russo for these cute little breakfast treats, which are essentially pancakes baked in mini muffin tins. They're portable, adaptable and good for people who suck at flipping pancakes. Plus you can make dozens at a time and they even taste good cold.

I scaled down the recipe, using two cups of pancake mix rather than the whole 905g box (that would have yielded more than 150 mini pancake muffins). This version yields 36 mini pancake muffins or 12 regular-sized pancake muffins (I prefer the mini size as there's a greater crispy-crust-to-fluffy-pancake ratio). I omitted the blueberries the recipe called for since it's not blueberry season and I refuse to pay \$5 for a half pint. This recipe makes 36 mini pancake muffins or 12 regular-sized pancake muffins.

Ingredients:

- 2 cups (500 mL) dry pancake mix
- Non-stick cooking spray
- 1 banana, thinly sliced crosswise
- 1/3 cup (80 mL) chocolate chips
- Maple syrup, for dipping

Directions:

1. Preheat oven to 375 F (190 C).

2. In a medium-sized bowl, prepare pancake batter according to package instructions. Spray a mini muffin tray with non-stick spray. Ladle 1 tbsp (15 mL) of batter into each mold and top with chocolate chips and a banana slice. If using a regular-sized muffin tin, fill each cup two-thirds with batter, about 1/4 cup (60 mL).

3. Bake for 15 minutes, or until golden brown. Remove from oven and rest for 5 minutes before removing muffins from tray and serving with maple syrup for dipping.

snacks and tyke-sized meals.

Gellar writes in the intro that the book is more "food crafting" than cooking, mean-

ing dishes are presented in a cutesy, kid-appealing manner. Think mac and cheese in cupcake tins, waffles served on

and scrambled eggs eaten out of. Most baking recipes recommend boxed mixes (which are conveniently sold on the authors' Foodstirs site), seemingly trying to appeal to parents with limited time and kitchen experience.

Her husband and fellow '90s teenage dream, Freddie Prinze Jr., also released a family-oriented cookbook last year. His recipes seem geared to cooking for the kids while Gellar's book is for cooking with the kids.

"Making fun food with my kids was about more than just getting them to eat. Measuring ingredients, pulling together pots, pans, and bowls; stirring, whisking, dumping, rolling, skewering — and waiting — are skills that helped them develop self-confidence, expand their vocabulary and creative thinking, and sharpen math concepts as well as their fine and gross motor skills (and mine too, for that matter)," she writes.

Clearly I am not the intended audience for this book (being a childless avid home cook who stopped watching Buffy after Season 2).

But I also can see how parents would be drawn to this book as a way to get their kids involved with cooking, or for ideas for throwing a children's party.

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Gossip DIGEST — SHIA, SPEIDI AND ORLANDO

1 LeBeouf makes art in isolation — Shia LeBeouf's latest stunt is to spend a month isolated in a cabin in Finland's remote Lapland region with his only communication with the outside world coming via text message to visitors to Helsinki's Kiasama museum. The project is called #ALONETOGETHER and involves the other two members of the actor's art collective, Nastja

Ronkko and Luke Turner. Ronkko and Turner are also spending time isolated in separate cabins in Lapland beginning Wednesday. Visitors can visit a cabin and send a text to the trio, who can respond to visitors but can't talk to one another.

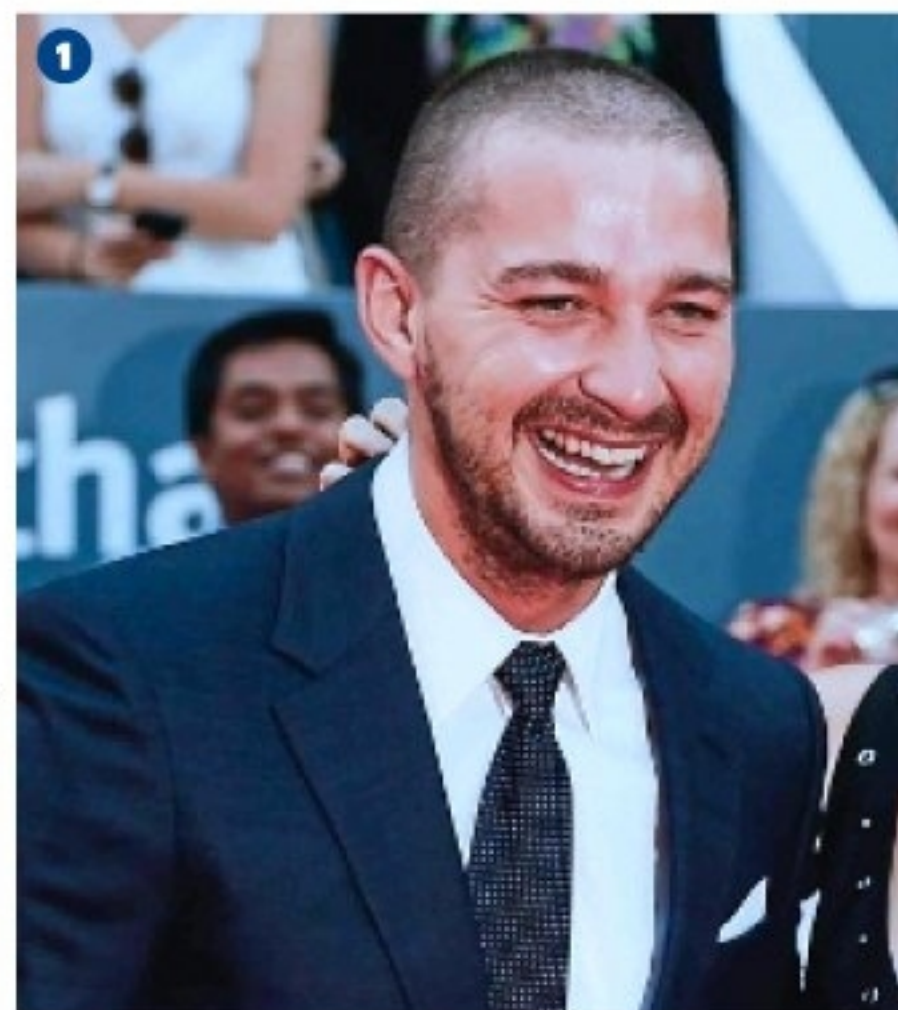
2 Speidi is pregnant — Former reality TV stars Heidi Montag and Spencer Pratt are expecting their first

child. The couple tells US Weekly that Montag is 12 weeks along and the baby is due on Oct. 19. Montag and Pratt were regulars on MTV's *The Hills* and have appeared in other reality shows. The couple doesn't know the sex of the baby yet, but Montag says she's hoping for a boy.

3 Bloom is cool with his ex, Katy Perry — Orlando Bloom says he remains

friends with ex-girlfriend Katy Perry and says he and Perry are setting an example by showing that breakups "don't have to be about hate." Bloom also opened up about infamous paparazzi photos taken last year of him paddle boarding in the nude with a clothed Perry. He says he and Perry had been completely alone and he "had a moment of feeling free."

THE ASSOCIATED PRESS



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Doctor Who scores a new sidekick in 10th season

SCI-FI

Peter Capaldi calls episodes 'a return to the early days'

As Doctor Who debuts its 10th season Saturday on Space, it's going through changes but also making a return of sorts to its 1960s roots, when Canadian producer Sydney Newman was among the creators.

English actress Pearl Mackie joins the British sci-fi smash as the new companion, big-hearted Bill. Unlike the previous companion, played by Jenna Coleman, Mackie's character is totally new to the world of the extraterrestrial doc who travels through time in a blue British police box called the TARDIS.

"In a way, it's a return to the early days of the show when the doctor is able to show a new person this wonderful world that he exists in," said Capaldi, who joined the show in 2013. In January, he announced he's leaving after this season, noting "it's time to move on."

"My ambition was to do a first episode that could be the first episode you ever saw of Doctor Who and would



Peter Capaldi begins his final season as Doctor Who on April 15. CONTRIBUTED

explain every aspect of it," added head writer and executive producer Steven Moffat, who is also leaving at the end of the season.

"We treat everything from

Bill's point of view, which makes it a new show. I think the reason Doctor Who has run for so long and been so loved for so long is that it can become simultaneously

as old as the hills and as fresh as paint."

The time-honoured, time-travelling saga has achieved cult status, yet Mackie admitted she wasn't a Whovian before getting the role and didn't realize how big the show was globally.

"It wasn't on when I was a kid," said the 29-year-old London native. "I was part of that generation that was deprived of Doctor Who as a child. I think the series came back when I was 15, 16."

She'd also barely done any TV before her audition, which she described as "kind of mad, actually, because it's all top-secret."

"At first I wasn't told I was auditioning for Doctor Who," said Mackie. "When I first auditioned I was then told, but initially my agent was like, 'I recommended something for you called Mean Town,' which is an anagram of Woman Ten, who is me as the 10th companion."

When she heard she got the role, she didn't quite believe it, noting: "it's probably one of the best jobs on television."

"I had to call my agent back about two hours later and go, 'Did that actually happen? Did I actually get that phone call?'"

THE CANADIAN PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Not quite history in the making

THE SHOW: Canada: The Story of Us, Season 1, Episode 2 (CBC)
THE MOMENT: The sea otter summit

1789. European fur traders have reached Nootka Sound, where they've discovered furry gold: sea otter pelts. Running the trade is a 22-year-old chief, Maquinna. But after Spain declares itself Maquinna's sole trading partner, Britain is ticked.

"Maquinna knows the feud threatens business," the female narrator says. "He summons the Europeans." Cut to a young man in a woven hat, nodding at two other men: Spain's captain, Juan Francisco de la Bodega, and Britain's George Vancouver. "To strengthen his position, Maquinna taught himself Spanish and English," the narrator says.

Cut to the men around a fire in a dim lodge. "Welcome!"

Maquinna says. Vancouver stands, then sits. "Bienvenitos!" Maquinna says. De La Bodega stands, then sits. Much nodding and passing of pelts. Cut to Maquinna standing on a hillside, grinning, as ships sail away to make him rich.

The series' contention that Canada was built on commerce first, ideology second, is an interesting one. It's the stuff intended to sex the show up that doesn't work. The high-speed pans over computer renderings of Canadian wilderness, the soundtrack of pounding drums and sawing strings that feels lifted from the climax of Taken 3.

And the recreations — oy. The only good thing about them is how many Canadian extras can now add Slow-Mo Walking, Squint-Eyed Pointing, and Solenn Staring to their CVs.

History is a hard sell, I know.



Chief Maquinna (Wren Corbiere) in Canada: The Story of Us. CONTRIBUTED

But after Ken Burns proved that documentary can captivate us with only drawings and still photos, all recreations look like outtakes from Rescue 9-1-1.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Troupe sets ballet to the Tragically Hip



A ballet inspired by the music of the Tragically Hip is planned for the Alberta Ballet 2017-2018 season. THE CANADIAN PRESS

PERFORMANCE

Alberta Ballet to produce work with Hip's music

A contemporary ballet inspired by the music of The Tragically Hip will be one of the focal points of the 2017-2018 season for Alberta Ballet.

Artistic Director Jean Grand-Maitre and executive director Chris George announced the lineup for the 51st season this week.

It includes a new family ballet, three internationally ac-

claimed guest companies and the world premiere of All of Us, the Tragically Hip piece.

Grand-Maitre has previously collaborated with artists including Elton John, Sarah McLachlan, k.d. lang and Joni Mitchell on ballets incorporating their music.

The proposal was first raised last fall with members of The Tragically Hip, which embarked on a cross-Canada trip widely expected to be the last with frontman Gord Downie, who was diagnosed with an incurable form of brain cancer.

In a statement, the band members shared their enthusiasm for the project, pointing to the successes of Grand-Maitre's

past collaborations.

"We are thrilled to be part of this series of wonderful ballet portraits set to the music of some of the greatest musicians of our time," they said. "We are excited to see how our music will be interpreted through the vision of a renowned dance company."

Grand-Maitre said he was honoured for the chance "to create a unique portrait to the music of one of Canada's most beloved group of artists. I look forward to this journey and to exploring the music and the poetry of such profound humanists."

The season also features the company's first new family bal-

let in 10 years, "Cinderella," using sets and costumes by the Cincinnati Ballet.

Tango Fire by Buenos Aires, Argentina, will make its first visit to Alberta, while the season will also include a contemporary production of After the Curtain choreographed by So You Think You Can Dance star Travis Wall.

There will also be a visit from American dancer-illusionists Momix with their show Opus Cactus.

The season will be rounded out with local productions of Dangerous Liaisons, The Nutcracker, and Paquita and Other Works.

THE CANADIAN PRESS

ADVERTISING FEATURE

HOW TO GET RID OF KNEE PAIN ONCE AND FOR ALL... WITHOUT DRUGS, SHOTS, OR SURGERY

Now, in Calgary, AB, one doctor is helping local residents with knee pain live more active, pain-free lives

Living with knee pain can feel like a crippling experience.

Let's face it, your knees aren't as young as you used to be, and playing with the kids or grandkids isn't any easier either. Maybe your knee pain keeps you from walking short distances or playing golf like you used to.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your knee hurts and the pain just won't go away!

My name is Dr. Jack Kucheran, owner of Northside Wellness Centre. Since we opened 33 years ago, I've seen hundreds of people with knee problems leave the office pain free.

DO YOU HAVE ANY OF THE FOLLOWING CONDITIONS?

- Arthritis
- Knee pain
- Cartilage damage
- 'Bone-on-bone'
- Tendonitis
- Bursitis
- Tendonitis
- Crunching & popping sounds

If you're suffering from these conditions, a new breakthrough in medical technology may completely eliminate your pain and help restore normal function to your knees.

Finally, You Have An Option Other Than Drugs or Surgery!

New research in a treatment called low level laser therapy, or cold laser, is having a profound affect on patients suffering with knee pain. Unlike the cutting type of laser seen

in movies and used in medical procedures, the cold laser penetrates the surface of the skin with no heating effect or damage.

Cold laser therapy has been tested for 40 years, had over 2000 papers published on it, and been shown to aid in damaged tissue regeneration, decrease inflammation, relieve pain and boost the immune system. This means that there is a good chance cold laser therapy could be your knee pain solution, allowing you to live a more active lifestyle.

Professional athletes like Lance Armstrong and team members of the New England Patriots rely upon cold laser therapy to treat their sports-related injuries. These guys use the cold laser for one reason only...

It Promotes Rapid Healing Of The Injured Tissues.

Before the FDA would clear the cold laser for human use, they wanted to see proof that it worked. This led to two landmark studies:

The first study showed that patients who had cold laser therapy had 53% better improvement than those who had a placebo. The second study showed patients who used the laser therapy had less pain and more range of motion days after treatment. If the cold laser can help these patients, it can help you too.

Although there are different types of lasers, the Calgary Flames have 8 of our type of laser systems.

Could This Non-Invasive, Natural Treatment Be The Answer To Your Knee Pain?

For 30 days only, I'm running a very special offer where you can find out if you are a candidate for cold laser therapy.

What does this offer include? Everything I normally do in my "Knee Pain Evaluation". Just call before May 15, 2017 and here's what you'll get...

- An in-depth consultation about your problem where I will listen... really listen... to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays to determine if arthritis is contributing to your pain.
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

Until May 15, 2017 you can get everything I've listed here for only \$49. The normal value for this type of evaluation including x-rays is \$250, so you're saving a considerable amount by taking me up on this offer. Remember what it was like before you had knee problems... when you were pain free and could enjoy everything life had to offer. It can be that way again. Don't neglect your problem any longer - don't wait until it's too late.

Here's what to do now:

Due to the expected demand for this special offer, I urge you to call our office at once. The phone number is **403 291-0603**.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Our office is called Northside Wellness Centre and you can find us near the Peter Lougheed Hospital just across the street from Value Village. Tell



A new treatment is helping patients with knee pain live a happier, more active lifestyle.

the receptionist you'd like to come in for the Knee Evaluation before May 15, 2017

Sincerely,
Dr. Jack Kucheran, D.C.
#16, 3434 34th Ave NE
Calgary, AB T1Y 6X3

P.S. Now you might be wondering...

"Is this safe? Are there any side effects or dangers to this?"

The FDA cleared the first cold laser in 2002. This was after their study found 76% improvement in patients with carpal tunnel syndrome. Their only warning - don't shine it in your eyes.

Of course at our office, the laser is never anywhere near your eyes and we'll give you a comfortable pair of goggles for safety.

Don't wait and let your knee problems get worse, disabling you for life. Take me up on my offer and call today **403 291-0603**.

Faith Hill, Tim McGraw on their #couplegoals



Faith Hill and Tim McGraw embarked on their third tour last week called Soul2Soul. THE ASSOCIATED PRESS

RELATIONSHIPS

Country singers look up to other music pairings

Faith Hill and Tim McGraw, who embarked on their third Soul2Soul tour last week, talk about what they admire about other musician couples both inside country music and outside the genre.

Beyonce and Jay Z

Although this royal couple has only toured once together, the On the Run Tour in 2014 was a cinematic event. Beyonce and Jay Z teased the tour with a Bonnie and Clyde-inspired trailer and highlights from the tour ended up on HBO as a special. "The truth is,

I want to be Beyonce every single freakin' night of my life," Hill said. "So I go out there thinking, 'I am Beyonce!'"

Garth Brooks and Trisha Yearwood

The couple has been singing together for longer than they have been married. Yearwood was a backup singer on Brooks' No Fences album and she was the opener on his first headlining tour. Married in 2005, they have been touring

together on the Garth Brooks World Tour since 2014. McGraw broke out in the '90s thanks in part to Brooks bringing country music to a much wider audience. "We all came here at the same time, but Garth is Garth and nobody can be Garth," McGraw said. "He opened the door for a lot of us."

Faith Evans and The Notorious B.I.G.

Earlier this year CNN accidentally tweeted a headline with the wrong singer named Faith on a news item about Evans releasing a duet album with her late rapper husband, whose real name is Christopher Wallace. Fans on Twitter were quick to poke

fun at the mistake, but Hill responded enthusiastically: "This sounds awesome!" Evans responded on Twitter with: "Up for a bonus duet, Ms. Hill?"

Vince Gill and Amy Grant

These two sweethearts put the love back in holiday season with their annual Christmas shows they've been doing for more than a dozen years that highlight Grant's contemporary Christian hits and Gill's premier guitar chops. "She is an incredible woman," Hill said of Grant, while Vince "is one of the most respected people in the business."

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TOP 150 FOR 150

CELEBRATING CANADA'S GIFTS TO THE WORLD

Winnie the Peg

STORY

The willy nilly silly old bear was actually named for Winnipeg

Sean Plummer

A.A. Milne may have been English, but his creation, Winnie the Pooh, has roots in Canada.

Milne based the honey-loving bear on his son Christopher Robin's stuffed teddy, which the boy named Winnie after seeing a female black

bear with that name at the London Zoo.

The zoo's Winnie was on loan from Captain Harry Colebourne, a member of the 2nd Canadian Infantry Brigade. Colebourne had bought the bear as a cub during his brigade's stop in White River, Ontario, for \$20 from a hunter who had killed her mother (the Brigade was on its way from Winnipeg to fight in World War I). He named her Winnipeg, after Colebourne's hometown. Winnie, for short, subsequently became the brigade's mascot, and they took her to England with them.

Milne's first Pooh story, Winnie-the-Pooh, was published in 1926. Winnie the bear lived at London Zoo until her death in 1934.



The restored toys that inspired Winnie-the-Pooh's characters are displayed at the main branch of the New York Public Library. TORSTAR NEWS SERVICE

We love our ketchup chips

Ketchup chips are as Canadian as... well, ketchup chips.

Thank Canadian company Hostess for producing the pink-dusted wonder in the 1970s.

The flavour is hard to come by elsewhere in the world, even south of the border. And the chips are hard to leave alone at house parties.

SEAN PLUMMER



ISTOCK



A selection of moccasins and mukluks on display at the Bata Shoe Museum. TORSTAR FILE PHOTO

On with the shoe

Opened in 1995, Toronto's Bata Shoe Museum has the world's biggest public collection of footwear.

At any one time, its display includes more than 1,000 pieces of footwear and related artifacts from a collection of more than 13,000 items.

The 39,000-square-foot building, designed by architect Raymond Moriyama, contains four main galleries and was inspired by the shoe collection of Sonja Bata, an architect married to Thomas J. Bata of Bata Shoes. Carrie Bradshaw would have a field day. SEAN PLUMMER



A 1920s art deco style shoe featuring gun metal leather with faux diamond button.

TORSTAR FILE PHOTO



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TOP 150 FOR 150

CELEBRATING CANADA'S GIFTS TO THE WORLD

Under the microscope

SCIENCE

U of T students invented the electron microscope

Sean Plummer

For scientists, it seemed an impossible dream: create an electron microscope.

Unlike optical microscopes, which use glass lenses to magnify objects, an electron microscope uses electrons instead of light to il-

luminate its subjects, which lets it magnify at much greater resolution.

Researchers had tried since the 1920s, but the images were invariably blurry. Until, that is, two young Canadian scientists, James Hillier and Albert Prebus, finally succeeded.

The ambitious graduate students in the physics program at the University of Toronto created their fully functioning transmission magnetic electron microscope in 1938. It could magnify objects up to 30,000 times. Today, electron microscopes can magnify up to 10 million times.



James Hillier, left, and Albert Prebus were honoured at the Ontario Science Centre for building the first electron microscope. TORSTAR FILE PHOTO

Oil in the family

We may not be Saudi Arabia, but Canada has its fair share of oil.

In fact, we're ranked fifth in the world among crude oil producers, ahead of such famous oil-producing nations as Iraq and the United Arab Emirates.

SEAN PLUMMER



Canada produces a whole lot of oil. TORSTAR FILE PHOTO



How do you like your coffee?

That perkier of Canadian chocolate treats, the Coffee Crisp bar, turns 77 this year. It originated in Britain in the 1930s under another name before migrating to these shores.

In 1939, Coffee Crisp was officially launched,

and while there have been flavour variations over the years — including orange, raspberry and even maple — chocolate and coffee remains the perennial favourite. (Fun fact: its factory is located in Toronto.)

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MEET THE CONDO

Plan your escape in a home near YYC

ZEN IN RAVENSWOOD



CONTRIBUTED

Project overview

These stylish and affordable townhomes in Airdrie are priced from the \$240,000's and built using innovative, sustainable construction. Even better, these homes are pet-friendly with no breed or size restrictions with a community dog wash.

Housing amenities

With individually fenced backyards, some townhomes also boast attached garages. Single level garden homes with private patios are also available. From Energy Star appliances to sturdy, fire resistant James Hardie plank siding, ZEN Ravenswood has a strong focus on sustainability.

Location and transit

Located in southeast Airdrie, residents are just minutes away from the Calgary International Airport, major highways Deerfoot Trail and Stoney Trail, as well as CrossIron Mills and so much more.

In the neighbourhood

Residents won't have to go far from Ravenswood to find everything they need including grocery stores, pubs, gas stations, restaurants and services. Not to be forgotten are the abundance of local parks, walking paths and trees. KRISTA SYLVESTER/FOR METRO

+ NEED TO KNOW

What: ZEN in Ravenswood
Builder/Developer: Avalon Master Builder
Location: Ravenswood
Buildings: Townhomes, loft homes and two-storey townhomes, with and without garages
Models: Two and three bedroom, two-storey townhomes with private fenced yards
Sizes: From 1,050 to 1,250

square feet plus basement
Pricing: From \$253,900 to \$299,900
Status: Over 85 per cent sold
Sales centre: Two show homes at 2400 Ravenswood View SE, Airdrie
Phone: (403) 805-0423
Email: sduperre@avalon-masterbuilder.com
Website: zeninbalance.com



REAL ESTATE

What's hot on the market

1 SALES CENTRE NOW OPEN

Avenue 33 by Sarina: This five-storey mixed-use development features 40 boutiques residences and lofts in the heart of Marda Loop, with access to over a hundred nearby shops, services and restaurants. Check out the sales centre at 1915 33 Ave. SW.

2 MOVE-IN READY SUMMER 2017

Ezra on Riley Park by Birchwood: Ezra on Riley Park is a new collection of modern residences in the heart of one of Calgary's most sought-after communities, Kensington. This project will be move-in ready in 2017 so visit the presentation centre on the second floor at 1145 Kensington Cres. NW.

3 NEW SALES CENTRE OPEN

Steps Bridgeland: This collaborative project designed by award-winning architect Jeremy Sturgess is set to transform the landscape of Bridgeland with its 122 contemporary townhouses. Visit the discovery centre at 824 1 Ave. NE.

KRISTA SYLVESTER/FOR METRO

Don't compromise because it's outside

DECOR

Patio trends: Contrast and unexpected fabrics are in

For decades, "outdoor decorating" meant arranging a few nice chairs and a table near a barbecue, then adding an umbrella. But as patios and decks have morphed into "outdoor living rooms," the bar has risen for outdoor style and comfort.

HGTV Design Star judge Vern Yip says he knew we'd reached a new level of outdoor decorating this year when he discovered a fully upholstered, tufted, Chesterfield-style sofa designed for outdoor use. It's not a less comfortable, backyard version of a classic piece of furniture; it's a classic piece of furniture that happens to be weather-proof.

Technology has come so far, Yip says, that we can now have anything outdoors that we like indoors.

As warm weather returns, we've asked Yip and two other experts — interior designer Betsy Burnham of Burnham Design in Los Angeles, and Sarah Fishburne, director of trend and design for The Home Depot — for the furnishings, colour palettes and accessories they are using to make outdoor spaces even more luxurious and inviting.

Mix and match

It's been decades since people shopped for a "suite of furniture" for a bedroom or living room. But until recently, Burnham says, that's been a common approach to outdoor space. That's slowly changing, she says, as people want a more interesting look that doesn't seem lifted directly from a single catalogue page.

Designers are encouraging clients to mix and match. Fishburne says retailers have noticed this trend.

At Home Depot, her design

team selects a few shades and makes sure they are consistent throughout the furniture offered that season. So "chili red," for example, will be the same shade if you buy a rug from one brand and pillows from another.

And rather than having to buy a group of four or six identical dining chairs, Fishburne says many chairs are now available in sets of two that can be paired with a contrasting style. There are also more outdoor styles available than ever.

Aluminum-frame furniture is back. "It's the sort of stuff your grandparents used to have, but the 2.0 version," Yip says. "The proportions are what we like today, deeper and bigger and more comfortable."

If you're worried about how to mix and match successfully, try one of these approaches: You can mix furniture frames, perhaps using a few teak pieces alongside metal or woven resin pieces, and then keep all the cushions or pillows the same. Or you can use all metal or all resin frames from different brands and mix up the pillows and cushions. Either way, you have consistency and a unique look that isn't exactly the same as your neighbour's.

Don't settle

"If you had put an outdoor sofa and in indoor sofa side by side in front of a consumer a year ago or two years ago," Yip says, no one would have had trouble picking out which was which. Today, he says, "you really can't tell the difference."

So take time to shop for what you love, rather than settling for typical outdoor furniture you see everywhere. There are outdoor fabrics that feel as soft as what you'd expect indoors and cushions that are just as soft and deep. Yip says the newest outdoor cushions offer two layers of foam and then a top layer made of a down alternative.

Seek "that super-plush feeling with your outdoor furniture that you're used to feeling with your indoor furniture," he says.



A patio area in Los Angeles designed by Burnham of Burnham Design. Rather than a set of matching outdoor furnishings, designers are encouraging clients to mix and match a variety of styles and brands. CONTRIBUTED

Start with your favourite interior design retailers. They're likely to offer outdoor options.

"It's not just at the patio store anymore," says Burnham. For example, she says, Design Within Reach and Restoration Hardware both offer wide selections of outdoor furnishings.

Seek next-level details

Outdoor storage has become even more inventive: You'll find "console tables that have built-in coolers, or daybeds that have built-in coolers," Yip says.

And outdoor accessories have "detailing and embellishments that used to be reserved for indoor stuff," Yip says, including hurricane lanterns with mother-of-pearl detailing and pillows with feathers, beading or embroidery.

"We've figured out how to have all this detailing, all this embellishment," he says, and "how to have it on the outside, so it does endure and it does last."

To define your outdoor space and bring in plants and flowers, Fishburne recommends large "statement planters." They come pre-planted with a mix of plants that look stylish and grow well together.

Most important: Go for a look you love, rather than one that's perfectly co-ordinated.

"All the rules have kind of been broken," says Fishburne. "No one says you have to have a matching cocktail table in front of your chairs."

THE ASSOCIATED PRESS



A rustic daybed on a patio designed by Burnham. CONTRIBUTED

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Camilla Cornell

When Cris Lam bought her pre-construction condo in 2014, she was in the enviable position of having a big enough down payment to avoid mortgage default insurance fees.

Why would she want to avoid insurance, you ask? The simple answer: because mortgage default insurance is really intended to protect the lender, not the homeowner. It ensures if you default on your loan, the bank, trust company or other lender will get its money anyway.

Avoiding the insurance — sold by either Canada Mortgage and Housing Corp. (CMHC) or Genworth — can save the average homeowner a significant amount of cash over time. Fees rose in March for the third time in the last few years, as part of new regulatory requirements that stipulated CMHC and Genworth had to hold more capital to offset risks in the country's booming real estate market.

For example, if the average price of a house is \$730,472 (as it was in Toronto last year), according to the CMHC's premium calculator, if you make the minimum down payment on that



Cris Lam received financial assistance from her parents to purchase a condo and avoid mortgage insurance costs. PEYMAN SOHEILI

home of \$48,048 and opt to have the CMHC premiums added to your mortgage, you'll pay more than \$27,000 over the life of your mortgage. That's nothing to sniff at.

You can avoid those fees and cut down on your interest payments as well by building up your down payment. Here's how:

Visit the bank of mom and dad. Lam's secret weapon was her parents. In 2013, they sold the family home, giving Lam,

her sister and her brother \$200,000 each to purchase a home of their own.

They even sweetened the pot, boosting Lam's share by \$30,000 so she could live on the eighth floor of her condo building — "Chinese lucky number 8," Lam says she and all of her siblings are so grateful for the support. "I know it's not trendy, but why not ask your parents — who may be downsizing in the future — to start thinking of what can happen if you get

your pre-inheritance now to purchase your future home?" she suggests.

Note that mortgage lenders may ask for a signed 'gift letter' indicating the money doesn't have to be repaid and specifying the amount, who is offering the cash and their relationship to the recipient.

Take a systematic approach to savings. Even with her parents' contribution, Lam needed a financial planner's help to en-

sure she was debt-free and had spare cash to cover all the additional costs of home ownership.

She met with Victor Godinho, a financial planner with Pangea Personal Financial Planning, who analyzed her spending and delivered some hard truths. "Do you realize you're blowing \$800 a month on food?" he asked her.

"I was caught up in the downtown lifestyle," she says. Lam invested in cooking classes and now designates Sunday as prep day for the week. She also re-

“

I know it's not trendy, but why not ask your parents — who may be downsizing in the future — to start thinking of what can happen if you get your pre-inheritance now to purchase your future home

Cris Lam

placed dog-walking fees with a doggy daycare to save money.

Avoid lifestyle inflation. You get a raise and you immediately decide you can afford to go out for dinner three nights a week.

Personal finance blogger Barry Choi (moneywehave.com) developed a goal-oriented budget with his (then) fiancée Carla Salvosa. Initially, they focused on saving for the big day. "After the wedding, that money that was being saved for the wedding was now being saved for home down payment," says Choi.

Supplement your day job.

Take on a side business or a part-time job, as Choi did with his blog. Within the first two years of its launch, he generated an extra \$5,000 towards a down payment on a condo and continues to earn a regular income.

Fixed rate vs variable: making the decision

Unless you have a crystal ball to confer with, knowing whether it's financially advantageous to choose a variable-rate mortgage over a fixed-rate mortgage can feel like a daunting task.

In fact, according to Andrew Roper, a mortgage broker with Dominion Lending Edge Financial, because the offerings for each product are quite different, deciding which option to take on or renew should always boil down to three main criteria: your income, lifestyle and overall risk tolerance.

While many Canadians tend to favour stable, fixed mortgages — 51 per cent of homeowners opted for a five-year fixed rate in 2015 — a host of economic experts tout the merits of variable mortgages when it comes to offering the biggest long-term advan-



When deciding up on what type of mortgage is best for you, experts recommend considering three main criteria: lifestyle, income and overall risk tolerance. ISTOCK

tage, crediting them with being the cheaper option over time.

"It used to be that short-term variable-rate mortgages were by

and far the most popular choice for homeowners, but recent changes in interest rates have made fixed rates more competi-

tive, which makes deciding between the two that much more difficult," Roper says.

And, while so much of the selection process is about personal preference, "the life situations a person or couple are experiencing or will potentially experience — think marriage, having a child, changing jobs, retiring — necessitate securing a mortgage ideally suited to those needs," he adds. "It's a process where the pros and cons associated with each mortgage type should be weighed very carefully."

How can you determine which option is best for you? With variable-rate mortgages, the appeal is that your payments go up or down based on changes to the prime rate, which is currently set at 2.7 per cent by the Bank of Canada. In recent years, in-

terest rates have been lower than that of fixed-rate mortgages, allowing for more of your monthly payment to be applied to the principle of your home. The drawback: Since mortgage payments fluctuate according to the prime rate, this means that a hefty increase in said rate will increase your interest payments, as well.

Fixed rates are a different story. Unlike variable rates, these are set for the length of the agreed upon term of your mortgage. Meaning if you have a five-year fixed rate at 2.5 per cent, you'll know exactly how much principal and interest you'll pay on each mortgage payment based on the term chosen. The drawback: Should interest rates drop, you're locked in to paying the higher rate until your

fixed term is completed.

What are your mortgage goals? If you haven't already, determine what your long- and short-term goals are, how long you plan to live in your house, and if you're trying to pay off your mortgage quickly, of if having a reliable monthly cash flow is more important to you.

"Talking through these points and then speaking to an expert about them is vital because it puts you in a better position to select which mortgage program is ideal for you," says Roper. "Having this kind of discussion will also open the door to a host of related topics, such as flexible payment options, yearly additional payments to your mortgage and the guidelines that surround them."

LIZ BRUCKNER



Help close the deal with these apps

Marc Saltzman

There are three things that many real estate agents have in common: they spend a good part of their day on the run; most work alone, as opposed to on teams; and they rely on their smartphones to remain organized and productive.

Fortunately, there are many mobile apps that can give a leg up to a busy real estate agent or broker. But with more than two million of them available at the App Store (for iPhone) and Google Play (for Android devices), where does one start?

The following are a handful of recommended downloads to help close the deal.

Cloud comfort: Create one central and secure place to hold all your important files, and access them from anywhere, anytime, and on virtually any Internet-connected device. That's precisely what free "cloud" services let you do. Whether you prefer Dropbox, OneDrive, Google Drive or iCloud, you're protecting your important work docs from local threats — a lost, stolen or broken device, for example — and you can not only log in with a password but also type in a one-time code to prove it's really you ("two-step authentication").

Load up your drive with files, agreements, surveys, listings, photos, and more.

Scan, man: Microsoft's free Office Lens turns your smartphone into a flatbed scanner. Real estate agents can snap a pic of a document, whiteboard, receipt or business card, and it will be immediately digitized onto your device. Printed and handwritten text is automatically and accurately recognized using OCR (Optical Character Recognition) technology, so you can then search for text by keyword, as well as copy, edit and share digitized text. If desired, you can also import what you've scanned into Office apps, save to

OneDrive or convert into a PDF.

Sign of the times: Real estate and agents and brokers need a simple yet secure way to sign documents, and with more than 50 million users, Adobe's DocuSign is one of the most trusted solutions available. As you might expect, the DocuSign app lets you fill out and sign legally-binding documents with your fingertip, send docs to others to sign (via email, Dropbox, Google Drive, Evernote, and others), and receive real-time notifications when they have been signed. Store, manage, and access your encrypted documents from anywhere, and on multiple devices.

Remote possibilities: Available for multiple mobile and desktop platforms, Splashtop Remote 2 lets you log into another computer wirelessly from your smartphone, tablet or computer to see and control the remote Windows PC or Mac as if you were sitting in front of it. That's right, you could be at a coffee shop on your iPhone or Android device but tap and flick through your office or home office computer. It's not the first solution to do this, mind you, but this encrypted solution is free and lets you also stream full-motion video and audio from your computer to your mobile device (not just files you left behind).



DocuSign

Values-Based Financial Planning Gets You To Your Goals Faster.

"Everyone's financial situation is different, and every Calgarian deserves a financial plan that they can trust. At First Calgary Financial, we're advocating that sound financial advice and a comprehensive values-based financial plan need to be available to everyone, regardless of their net-worth," says Hyder Hassan, Director of Investment Services and Head of Wealth, CFP PFP EPC, at First Calgary Financial.

"Planning for the future is a sacred process. We're bringing innovation to our industry by taking a planning-first, investments-second approach to helping people achieve financial dreams, keeping an individual's personal values at the forefront of all of meetings and planning agendas. What matters most is that individuals start planning and saving early. It matters far more than the income that you have to work with today."

"As a credit union, we put our members' needs first. We have a mission to make money make a difference in the lives of Calgarians, and this is just one way that we aim to deliver on that," says Hassan.

So where should you start?

1) **Consider your goals:** Financial goals need to have two important aspects. They need to have a dollar value and be time-bound. For example, "I want to save \$6000 in my TFSA by Dec 31, 2017." How much should you put away in a savings account, TFSA, or RRSP? What's the best balance between short term and long term goals? Should you live your life and follow the "you only live once" model of spending, or save every penny for a rainy day? Our values-based personal investment planning process can help you navigate the more detailed calculations and values-based advice.

2) **Assess your financial wellness,** and seek out a sound financial planning partner to help you. Having an accountable financial partner will increase your financial wellness by holding you accountable to your action plan. Look for a top-ranked brokerage with a track record for offering best-in-class planning for both experienced investors and



"Everyone's financial situation is different, and every Calgarian deserves a financial plan that they can trust."

for people looking to break into the market. Look for a partner that builds relationships and thinks about your full financial picture, without product dumping on you. At First Calgary Financial we work with Qtrade to ensure our members are confident in their investment choices and have access to free specialized consultations to assess risk, allocate assets, and identify their goals prior to building an investment portfolio for them.

3) **Think about how hands on you want to be with your portfolio.** For example, do you want technology-enabled access to your investments 24 hours a day, 365 days a year? If so, you'll want to look for a partner with expertise in this area. For instance, our partners at Qtrade offer VirtualWealth - online, expert management advice with low-fees and individualized choice in both portfolios and risk levels.

4) **Consider your options for investing responsibly.** Responsible investments deliver higher annualized total returns than non-responsible investing funds 63% of the time, and provide higher returns 67% of the time on fixed income and balanced funds, while offering you the opportunity to achieve competitive returns AND make a positive impact on people, companies and the environment*. Responsible investing looks at and assesses a companies' environmental, social and governance practices, such as greenhouse gas emissions, supply-chain management and workplace diversity. In Canada, more than \$1 trillion is managed using one or more RI strategies, according to the Responsible Investment Association.

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*Source: Value of Financial Planning: Financial Planning Standards Council.

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MAKING MONEY MAKE A DIFFERENCE

Pair up to get into the market

INVESTMENT

With soaring home prices, co-owning a property may be a great idea

Camilla Cornell

Helen Birkett longed to get into the housing market. But as a single woman, working three different gigs, she didn't have the kind of steady, nine to five job that lenders want to see.

Then, one night, about 16 years ago, while out for a drink with a few friends, she was bemoaning the fact that she'd been rejected yet again for a mortgage.

"We should go in together on a property," joked one of her friends. They all laughed, but Birkett couldn't stop thinking about what he'd said.

Finally, she called him. "Let's do this," she said. "Let's go out and look at some properties."

They went out shopping for a house that weekend, found a place they liked and bought it. "Everything was split 50-50," she says. "And we had a legal agreement that spelled that out. I even drew up a will to say what should happen to my portion of



Before purchasing a home with friends or family, be sure to have a candid talk and write up an agreement outlining the 'what ifs,' such as one party on the mortgage wants out or can't meet the monthly expenses. ISTOCK

the property if I died."

That was the first of two properties that Birkett, now 42, has purchased with the same friend. They sold the first when they received an offer from a high-rise condo builder. They bought the latest just three years ago, paying \$550,000 for a house they renovated together. They both had two floors, but Birkett turned one of hers into a basement apartment to help with the mortgage. Now they're looking to sell again

— her friend may move to the country and she is considering her options.

Initially, many of Birkett's friends questioned her decision to co-own with a friend. But the shared house is now worth \$800,000 and with the proceeds from the sale, Birkett should be able to buy a place of her own. "I don't think I would have ever got into the market if I had waited," she says.

Bill Whyte, senior vice

president and chief member experience officer for Meridian Credit Union says Birkett isn't the only one struggling to get a foothold on the property ladder in a housing market characterized by soaring home prices, particularly with the federal government's new stress test. "Even though our five-year fixed mortgage is 2.69 per cent right now, you still have to qualify at 4.69 per cent," says Whyte. "That is making the entry into the housing market difficult

for people, even if they've been saving for years."

Hence the advent of new mortgage options allowing friends or family to pool their resources and buy together. In many ways, Meridian's new Family + Friends Mortgage, introduced in February, in time for the spring mortgage season, operates like just about any other mortgage.

"There's still a flexible repayment schedule and you can choose any kind of mortgage

you want — variable, two-year or five-year fixed," says Whyte.

The big difference? Up to four people can be on a title. They could be siblings, cousins or simply friends that have known each other for a long time. And parents may sign on too, either so that they get their deposit back if the kids sell, or because they want to set up an upstairs/downstairs arrangement with their adult children.

Similarly, Genworth Canada offers a 'family plan program' that allows people to help buy a home for immediate family members who have good credit but lack the income to meet standard gross debt service ratio (GDSR) and/or total debt service ratio (TDSR) requirements. The exception: it can't be used to buy investment properties that won't be owner-occupied.

In spite of the obvious advantages of teaming up to buy a mortgage, it's not a venture to be undertaken lightly, warns Whyte. "You want to make sure you understand all the nuances," he says. That means having a candid talk about who covers what expenses, and what happens if one party to the mortgage wants out, or someone can't cover their share of the mortgage payment. "Divorces happen all the time," he says. "And that's messy enough. When you've got four people on the mortgage it can be a fair bit messier."

Look at financing a mortgage with your RRSP

Erik Heinrich

Robert, 61, has a large investment portfolio in his registered retirement savings plan (RRSP). He's very knowledgeable in real estate and has been investing part of his retirement savings in mortgages for the last 20 years. Through a mortgage agent he learned that a borrower needed \$50,000 to pay his property tax arrears, buy a new truck for his business and do some minor repairs to his home.

The borrower was not able to obtain a bank loan because he had not filed his tax returns in several years and had some fairly serious credit issues. But his house was appraised at \$275,000, which meant Robert would be lending him less than 20 per cent of its appraised value.

He offered a one year mortgage at 7.5 per cent and charged a \$1,000 lender fee, bringing his total return for the term of the loan to a handsome 9.5 per cent. In the meantime the borrower was able to get his taxes up to

date and clean up some of his old credit issues. At the end of the year, he repaid Robert the loan plus interest, and was able to secure a replacement mortgage at a much lower rate from a credit union.

Everyone walked away happy thanks to a little known fact.

"An option for RRSP owners is to invest in a mortgage granted at arm's length to a third party," says James Robinson, a mortgage agent and owner of a Dominion Lending Centres franchise.

First you will need to have enough assets in your RRSP to convert into cash, and you will need a self-directed RRSP that gives you more investment freedom and control. Some RRSP accounts only allow for investing in mutual funds and GICs.

Third party mortgages tend to be higher risk loans to individuals who cannot qualify for financing from traditional channels. Higher risk means much higher rates of interest charged by private lenders.

Rates and fees vary depending on circumstances, including the type of property being secured,

the income and credit history of the borrower and the loan-to-value ratio (which is the value of the mortgage compared to the property's appraised value).

Typically, private first mortgages range from 6 to 10 per cent, second mortgages 8 to 14 per cent. For the investor, the benefit is a much higher rate of return compared to more traditional interest bearing investments such as GICs. But this needs to be weighed against the risk of this type of lending.

"Borrowers who cannot qualify for an institutional mortgage due to income or credit challenges are more likely to default on payments, which could result in the investor losing money," says Robinson. "A good mortgage broker will ensure the facts about the borrower, and property being secured, are fully disclosed to allow the investor to make an informed decision."

The other option is to use your RRSP to finance the purchase of your own home or a rental property. But it really only makes sense if your RRSP is invested in fixed income securities like GICs



James Robinson, a mortgage agent, has only seen half a dozen clients inquire about using an RRSP to finance a mortgage in his almost 30 year career. JON NICHOLLS

paying a lower rate of interest than a mortgage of a similar length would charge. Under these circumstances you can eliminate the spread, or profit margin a bank makes in lending you a mortgage, by borrowing from

yourself and repaying yourself.

Under Canadian law you are required to purchase default insurance to protect your RRSP if you default on your mortgage. Recent changes in mortgage rules now also require that the home

being purchased is worth less than \$1 million. "In my 29-year career in the mortgage industry, I have only had half a dozen clients even ask about this program, and only a couple that decided to proceed," says Robinson.



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Bidding wars 'demoralizing'

GETTING OUTBID

In sizzling housing markets, how do you get the home you want?

Camilla Cornell

With their first child on the way, Dan and Jasmine Young needed a more room than their two-bedroom west-end Toronto home could provide. "The baby was due in January and we were kind of thinking that we'd like to be in the house at least a few months before he came to get it ready," says Dan. So they started their home search in the middle of the summer.

The process, he says, was demoralizing. "We probably put in six to eight bids," says Dan. "We were going in with what we thought were decent offers and getting outbid by \$125,000. And as much as you tell yourself not to get invested in a home, you start to imagine yourself in that place and that neighbourhood."

In the Greater Toronto Area's sizzling housing market (similar to other markets across the country), where bidding wars are almost de rigeur and house prices often far exceed the asking price, the Youngs' experience is

woefully commonplace. But they did find a house eventually, and you can too. Read on for advice on how to get the house you want without breaking the bank.

Look outside the box: The Youngs' real estate agent eventually suggested taking a slightly different approach. "You're bidding against the same people every time," she said. "Everybody is going after the same thing. So let's expand beyond the houses that are just coming up on the market." She suggested looking at estate sales, as well as homes that had been on the market a little longer — perhaps because they needed a little TLC.

The strategy worked. The Youngs made an offer on a detached house with parking and easy subway access that had been languishing on the market for about a month. The problem: it wasn't updated, and the owners had already rejected several offers at or around the asking price. "They were holding out for a higher bid," says Dan. In the meantime, buyers had moved on to newer properties.

"We offered below the asking price, based on comps in the area and the amount we figured we'd have to put in to the house," says Dan. The former owners initially rejected the offer and "we all walked away." But about a week later, the Youngs got a call saying if they came up a little on the price, the sellers would take it



Before baby Charlie arrived, Dan, left, and Jasmine Young were lucky enough to purchase a home in Toronto last December for \$60,000 below the asking price. JON NICHOLLS

for \$60,000 below asking. They jumped in with both feet and took possession last December.

Make a bully bid: More formally known as a pre-emptive offer, this involves submitting a bid on a home before the designated and planned offer day. "Buyers do it because they want that house and they want to have less competition," says Real Estate Homeward agent Collette Skelly. "And sometimes it's because they're going away for a holiday to Florida and they want to put in an offer before they go."

Even in today's hot housing market, sellers sometimes accept, "mainly to avoid the in-

convenience of having open houses," says Skelly. "It means they don't have to keep the house tidy and take the dogs to the kennel and the kids won't have to go to grandma's house."

Keep it clean: Conditional sales just don't cut it when there are plenty of offers on the table. "We knew from selling our other house that when we looked through bids, even if they were the best offer, if they were conditional on inspections they were put to the side," says Young.

Ditto for offers that are contingent on financing. "Homebuyers definitely need to get qualified and know how much they

can pay up front," says Skelly. If you are 'pre-approved' for a mortgage, the lender has made an actual commitment (subject to conditions such as a property valuation) to loan you money.

And if possible, adds Skelly, accept the seller's preferred closing date and don't quibble over buyers taking light fixtures or appliances when they go. "You don't want to be arguing over things like that," she says.

Push your budget: "Our budget changed from the beginning," admits Young. "We had to take a second look at our finances and what we could afford, especially considering the

equity in our other place. We pushed our budget as much as we could." Many buyers are in the same boat, says Skelly, "with the way prices are rising every time you wait, it's another \$30,000 to \$100,000 for a house."



We were going in with what we thought were decent offers and getting outbid by \$125,000

Dan Young

Using tech to smooth out mortgage process



It doesn't hurt to do a little research on your own — Canadian Mortgage App allows you to easily compare rates. DELL

Let's face facts: finding a good mortgage rate can be a daunting endeavour.

As if wasn't stressful before — dealing with banks and the abundance of paperwork, deciding between variable or fixed rates, and having to learn fancy words like "amortization" — now we've also got the stress test aimed at making it even more difficult to get a mortgage.

So perhaps you can use a little help. And technology might be the answer to help smooth out the mortgage process. Whether it's social media and mobile apps to disruptive start-ups and handy websites, tech is changing the game. Here's a look at a few assorted suggestions.

Do the digital

With a catchphrase like "mortgages made awesome," it's easy to be intrigued by Vancouver-based Mogo, a fin-tech start-up that has launched a digital service

called MogoMortgage. Along with transparent advertised rates that makes applying for and managing a mortgage less stressful, MogoMortgage — a 21st century mortgage brokerage currently licensed in Ontario, British Columbia and Alberta — includes a "gamification" element that encourages and rewards members for paying down their mortgage with perks like free dinner, and other incentives (millennials must love this). Other features include payment reminders, free monthly credit score monitoring, and a personalized, accessible dashboard in which to access and managing your info, on any device. Oh, and members also get celebratory champagne sent to them on the closing of their mortgage.

So social

When it comes to getting a mortgage through a broker, it's not just about getting the best rate,

but also finding the right product for you, from an ideal lender, and from the best person to walk you through it all. A great place to start is via word of mouth, to see who your friends or family members had a great experience with, and you'd be surprised how much you can glean from social media — especially on a platform like Facebook. Along with posting the request to your wall ("Anyone know of a good mortgage broker?"), start searching by keyword (e.g. "mortgage") and then scan your news feed over the past few weeks and you'll no doubt see many mortgage-related posts from friends or friends of friends, including the low rates they scored (so they're not too house rich and cash poor). Many good mortgage brokers are leveraging the power of social media, too, but you can also take advantage of the platform to find and interact with someone you can trust to look out for you.

App it up

While a trusted industry professional should help you get the right mortgage product for you, it doesn't hurt to do a little research on your own. With more than three million downloads to date, Canadian Mortgage App by Bendigi Tech Inc. ranks as the No. 1 mortgage app in Canada, allowing you to easily compare rates and calculate your total home ownership cost so you don't get in over your head (before it's too late). Along with a mortgage payment calculator, you can apply all kinds of info based on the kind of mortgage you're considering (e.g. variable versus fixed), frequency of payment, minimum down payment, stress test (using Bank of Canada's rate), closing costs, extra payment allowances, amortization schedule, and much more. This multi-language app is free to use and download for iOS and Android. MARC SALTZMAN

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Meanwhile, mahogany wood-tone trim, premium Ascot leather seats with diamond-quilted leather inserts, climate-controlled front seats that can both heat and cool — all appointed in an interior “inspired by the layout of a modern fighter jet” — delivers the exceptional finishes in a high-performance “cockpit.”

“Of the high-end models, I would say the Maxima would be the most popular,” says Tailor Wing, delivery coordinator at Stadium Nissan,

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— Tailor Wing, Stadium Nissan

Nissan, at 2420 Crowchild Trail.

Other luxury models, she notes, include the 2017 Nissan 370Z Roadster Touring — a gorgeous, top-down sports coupe, starting in the high \$40Ks — and the 2017 Nissan Armada SL, the brand's hulking full-size, flagship SUV — the largest and most powerful vehicle in the Nissan portfolio, starting in the low \$60Ks.

The 2017 Nissan Murano — the signature model starting in the low \$40Ks — is a crossover in every sense of the word, combining the rugged performance and versatility of a mid-size CUV and luxurious detailing throughout. The Murano's sleek, aerodynamic body makes it a striking cruiser on the



The new Nissan Armada SUV provides seating for up to eight people and a comfortable ride.

TORSTAR FILE PHOTO

streets of Calgary.

“We have all the luxury features that clients are looking for,” Wing says of the new Nissan inventory. “But for tighter budgets, we also carry a lot of pre-owned models, across a wide spectrum. We're always able to fit someone's interests to what they want in a vehicle.”

Luxury on a budget — truly the best of

both worlds — can be found in pre-owned Maxima, Armada, Murano and Titan models. But Stadium Nissan's inventory also boasts other automakers, such as Mercedes and Land Rover, at prices within reach. And financing is flexible to suit each unique customer.

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Service your ride without the hassle of waiting

Nobody likes waiting for service, whether it's the post office or drive-thru. Stadium Nissan doesn't want you to wait — service is fast, stress-free and suited to your schedule.

“Our service department includes express service as well as our regular maintenance department,” says Tailor Wing, the dealership's delivery coordinator. “For express service, you actually don't need to book an appointment for oil changes, tire rotation, and other services along those lines — you just come on in.”

“We also have loaner cars as well,” she adds, “so if you need to just drop off your car and go, you can grab a loaner car for the day and come back and pick up your vehicle at your earliest convenience.”

This service convenience, Wing says, is part of the dealership's greater attitude toward the customer service experience. When you buy from them, you're their number one priority.

“At Stadium Nissan, we always make sure

we put the customer first, whether that means getting the best deal for them, or going out of our way to do everything in our power to make sure they have the best experience,” she says.

“If customers come in and ask for one specific thing, but we recognize another issue — we always ask, ‘Would you like us to check into this as well?’” Wing continues. “We inform and communicate with our customers — whether they're at the dealership or not — to ensure that they know what's going on, and to help the best way we can.”

Exceptional service translates into satisfied customers, and Stadium Nissan has the reviews to prove it. With almost 250 Google reviews and a near-perfect star rating, recent reviews commend the “outstanding service” and “friendly, upbeat and very helpful” staff — with many customers promising they'll be back.

Stadium Nissan is located at 2420 Crowchild Trail. Visit stadiumnissan.com for more information, or call 1-844-757-6694.



ISTOCK

Financing options make it possible for anyone to drive away happy

Stadium Nissan wants you to have the car of your dreams — whether new or pre-owned. But every customer's needs are unique, and so are credit histories. No matter your situation, there's a solution for you.

“When our customers need financing, we can go through the banks or Nissan Canada, depending on the vehicle,” Wing says. “Customers can also change the terms down the line, and extend the terms to lower payments. There are all sort of options that we look into to make sure we can suit our customer's budget.”

“We make your purchase stress-free, and deliver peace of mind with your new vehicle.”



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Luxurious Mazda CX-9 compact SUV rolling out

Featuring SkyActiv technology, lush interiors, top-of-the-line finishes, exquisite design

By the time you read this, the first 2017 Mazda CX-5s will be rolling onto the lots of Kramer Mazda — 16 years Calgary's No. 1 Mazda Dealer and Consumer's Choice Gold awardee.

"The brand new 2017 CX-5 is designed around the CX-9, which is the top-end, luxury-end of Mazda," says Dennis Kwan, general manager of Kramer Mazda, at 11888 MacLeod Trail SE. "They used a lot of successful elements from the CX-9 and implemented it into the CX-5."

The new compact SUV boasts the brand's SkyActiv technology, an innovative engineering strategy that lowers fuel consumption, increases efficiency, boosts performance and delivers killer torque. "Best in its class," says Kwan.

"SkyActiv has been around for a few years now and it's just getting better and better."

Luxury buyers, of course, aren't only concerned about performance and efficiency — lush interiors, exquisite design and top-of-the-line finishes ensure an opulent driving experience. Signature models come with genuine rosewood trim, Napa leather and brushed aluminum trim, says Kwan.

"The interior is totally elegant and modern."

Mazda's Kodo design philosophy — described as its aim to design a car that "exudes the vitality of a living being" — delivers a muscular profile that oozes robust power and refined sophistication. It's a beauty to look at and a beast under the hood.

For buyers that love luxury but don't have the budget, Kwan notes that Kramer Mazda has the largest pre-owned Mazda inventory in Western Canada — and also carries other pre-owned high-end brands, such as Mercedes and Audi.

Financing options are flexible and Kramer



Dennis Kwan, general manager of Kramer Mazda. CONTRIBUTED

Mazda will find the right vehicle and best interest rate to suit every budget. Even those who have credit challenges, Kramer Mazda has a dedicated team ready and able to assist in securing financing — fill out a quick application on their website and a specialist will get in touch to discuss options.

With car dealerships seemingly everywhere, why pick Kramer Mazda?

"Outside of our state-of-the-art dealer-

ship facility and huge inventory, we're the only Mazda dealer in Alberta that's earned the Dealer of Distinction Award — recognizing our dealership's dedication to customer satisfaction and volume sales," says Kwan. "Kramer has been serving Calgary for over 45 years."

Come visit and experience the difference." Visit kramermazda.com or call 1-855-723-7090 for more information.

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The great American eclipse tour

On Monday, Aug. 21, the shadow of a total solar eclipse will sweep across America coast-to-coast from Oregon to South Carolina. The last time the sun played cosmic hide-and-seek behind the moon over the continental U.S. was in 1979. Join legions of sky watchers vying for a prime perch along the path of totality. **MIKE DOJC** FOR METRO CANADA

1. MADRAS OREGON

Do the Oregon Solar Fest right by sipping on Dom while scoping out the grandeur of Broken Top, a glacially eroded stratovolcano on the Cascade range and exploring the Deschutes River gorge on a luxe helicopter tour. **Prime Viewing:** Camp or glamp out in the high desert a couple miles outside of the city in "Solartown" on North Hwy. 26 or stay by the festival action at the Jefferson County Fairgrounds. **Go Time:** Totality begins at 10:19 a.m. PDT **Duration:** 2 minutes and 4 seconds

2. CASPER WYOMING

Hunker down in the cowboy state's second largest city to watch the sun's corona glow peep around the dark of the moon. The Astronomical League is holding its annual national convention, Astrocon 2017, over the weekend at the Parkway Plaza hotel. That means lectures and workshops aimed at the telescope toting set, but also a Star-B-Q. **Prime Viewing:** With a big open frontier country sky, there will be unobstructed views aplenty so any backyard or porch will do just fine. **Go Time:** Totality begins 11:42 a.m. **Duration:** 2 minutes and 26 seconds

3. HOPKINSVILLE KENTUCKY

This western Kentucky town is no stranger to otherworldly phenomena. In 1955, coincidentally on the same date the eclipse will take place, the famous "Kelly-Hopkinsville Encounter" played out by a rural farmhouse. UFOlogists will be out in full force hoping to witness the return of the metallic little green men though they'd easily pass for hipster cosplayers at Eclipse Con, a comic convention being held here on the weekend. **Prime Viewing:** DeBow Recreation Complex, a 20 acre community park. **Go Time:** Totality begins at 1:24 p.m. CDT **Duration:** 2 minutes and 41 seconds

4. NASHVILLE TENNESSEE

Sure, you could catch an extra twenty seconds of celestial day-darkness twang in Clarksville, Tenn., but is a few ticks more worth passing up on a weekend in Music City? Get ready to go dark by hitting up the honky-tonks where country covers of Bonnie Tyler's Total Eclipse of the Heart are sure to be requested and belly up for some Hattie B's hot chicken. **Prime Viewing:** The Nashville Zoo offers a great sightline plus owls, bats and other nocturnal animals tend to hoot it up during these events, adding to the spectacle. **Go Time:** Totality begins at 1:27 p.m. CDT **Duration:** 1 minute and 57 seconds

5. COLUMBIA SOUTH CAROLINA

Set the mood for the spooky cosmic shadow dance on Sunday afternoon with Star Wars Musicclipse, a performance by the South Carolina Philharmonic — Morihiko Nakahara may just ditch his conductor's baton for a light saber. A walk in Congaree National Park, to spy the alien-looking "tree's knees" should also be in order. **Prime Viewing:** The South Carolina State Museum will be eclipse-tailgating central all weekend long with themed exhibits and planetarium shows. For the big event City Roots, an urban farm, is hosting a low country boil & paella party from noon to 4 p.m. with live music. **Go Time:** Totality begins at 2:43 p.m. EDT **Duration:** 2 minutes and 36 seconds

EUROPE

Prague's astronomical clock to be restored

Major repairs of Prague's Old City Hall have started, in a process that will see one of the Czech capital's major tourist attractions — the famous medieval astronomical clock — taken off site for months. Workers began on Tuesday to erect scaffolding around the hall's tower to fix damage, some of which dates back to the Second World War. From May, the tower that offers a magnificent view of the

picturesque Old Town will be closed for visitors. It's expected to reopen by December. City Hall spokesman Vit Hofman says the clock — installed on the tower in 1410 — will function until January when it'll be removed for restoration. Hofman says the clock will be "completely disassembled" and that it should be back in place in June or July next year. THE ASSOCIATED PRESS



Major repairs of Prague's Old City Hall have kicked off. It will see a long-term removal of the Czech capital's major tourist attraction, the famous medieval astronomical clock. THE ASSOCIATED PRESS

Eating on the bottom of the tidal bay

NOVA SCOTIA

Dining on the ocean floor an unforgettable experience

Jennifer Allford
travel@metronews.ca

Our footprints add yet another layer of texture to the bottom of the ocean floor. Countless gentle curves flow in the red mud, blue swirls of iron oxidize in flat sandstone and water ripples in small pools left behind by the tide at Burntcoat Head Park on the Nova Scotia side of the Bay of Fundy.

We're walking along the ocean floor — avoiding the slippery seaweed, marvelling at mini rivers that look like bike tracks and examining tiny white barnacles on the rocks — all while trying to work up an appetite for one of Canada's most unique outdoor dinners. We will be literally dining at a table placed on the ocean floor once the tide goes out.

"There's only about six days a year we can do this," says Jennifer Nicholls of the Flying Apron Inn and Cookery. "We have to get out the tide tables and pore over them. Every two weeks, there's only about two days that will work."

Our experience started with a "shore boil" lunch on the lawn in the park just above us. We sat in a circle of colourful chairs with a few silver buckets in the middle and feasted on a giant bowl of mussels, clams and lobster tails cooked in white wine from a nearby winery. We licked our fingers and threw our shells at the buckets.

Now, we're exploring down below finding endless black shells the size of your little fingernail lying on the mud.



The meal on the seafloor of the Bay of Fundy takes place during the day or night depending on the tides. CONTRIBUTED

But look in a tide pool and the black periwinkles, a mollusk, are all in motion, moving along with hermit crabs and swaying sea lettuce. The more you watch, the more you see.

Others in our group are looking for bigger game. A couple of men from the other side of Nova Scotia are carefully turning over rocks, hoping to see a crab.

"There's a trick to moving the rock," one man confides. I believe him because he's already found four crabs.

"I used to do it as a kid, for bait," he explains. A minute later, he picks up a crab that's been hollowed out by some other creature.

"Dead as a gnat," his buddy declares.

About 160 billion tons of water move in and out of the Bay of Fundy every day, causing the highest tides in the world.

In 1975, the tide at Burntcoat Head reached 53.6 feet, a record that still holds in the Guinness Book of Records.

Our guide points to thick lines of green algae about five storeys up the red cliffs.

"The water reaches just underneath that line," says Kelsey White. She also points out strange rocks on the ocean floor dropped by ships from all over the world and explains how mussels carve out finger-tipped sized holes in tiny cliffs of sandstone and why the retreating ocean is brown. "It's the sand and the mud. The water is always moving. It goes about an inch a minute."

After exploring for a couple of hours, it's time for dinner. We happily head over to a long table facing the ocean, set with pretty little jars of wild flowers, our names written on a shell and small rocks holding down

the placemats so they don't blow away.

Servers from the Flying Apron Inn and Cookery bring out dinner — charcuterie and local cheese followed by steak and lobster — while our glasses are kept filled by servers with Avondale Sky Winery and Meander River Farm and Brewery.

For dessert, Flying Apron chef Chris Velden usually stacks layers of local berries, Grand Marnier mascarpone in lavender phyllo pastry horizontally, like a hamburger. But with the ocean breeze, he layers everything more like a caprese salad.

"It's a little more wind resistant that way," he jokes. Even still, a piece of pastry flies off my plate, which I take as a sign to eat the rest quickly.

As we get up from our meal, we discover the colourful chairs have been set up around

POPULAR

There are six dinners between July and September. This year's meals have already sold out but you can join the wait list. It's \$350 for one or \$675 for two. flyingaproncookery.ca

IF YOU GO

The Flying Apron Inn and Cookery This lovely family-run inn and restaurant is in Summerville, about 40 minutes from Burntcoat Head Park. Rates are \$130 to \$150 and include a hot breakfast complete with homemade jam for the toast. The inn offers cooking classes. flyingaproncookery.ca

Avondale Sky Winery About half an hour southwest down the Glooscap Trail from the Flying Apron, you'll find one of the province's many wineries. The tasting room is in a beautiful old church where owner Stewart Creaser will tell you that ten years ago no one drank Nova Scotia wine but the wine industry has come far. avondalesky.com

Annapolis Cider Co. Keep driving west another 20 minutes or so to Wolfville, home of Acadia University and Annapolis Cider Company. Pop in for a tour and a flight of several different ciders all made with apples grown in the Annapolis Valley. drinkannapolis.ca

Blomidon Inn If you stay at this wonderful inn in Wolfville, a former shipbuilder's mansion, don't miss the cup of tea and a cookie in the parlour in the afternoon, a stroll through the magnificent gardens and dinner of lobster linguine or seared scallops. blomidon.ns.ca

JENNIFER ALLFORD

Jennifer Allford was hosted by Tourism Nova Scotia and its partners, which didn't review or approve this story.

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TRAVEL NOTES KURT VONNEGUT, THE GRAND CANYON AND 'OLD IRONSIDES'

Vonnegut museum searching for new home

An Indianapolis museum devoted to novelist Kurt Vonnegut is searching again for a new location in his hometown. The Kurt Vonnegut Museum and Library was upgrading a building along Indianapolis' trendy Massachusetts Avenue after signing a lease, but structural problems have been found in the building and the non-profit doesn't want to endanger its collection. THE ASSOCIATED PRESS



THE ASSOCIATED PRESS

Canyon trail opens again to visitors

The Colorado River Trail in Grand Canyon National Park is open again to foot traffic following repairs this week to damage caused by a recent rockslide. The trail is between Pipe Creek and Silver Bridge. Officials say the North Kaibab Trail at the Redwall Bridge remains closed from 8 a.m. to 4:30 p.m. daily while crews stabilize a rockslide above the trail.

THE ASSOCIATED PRESS

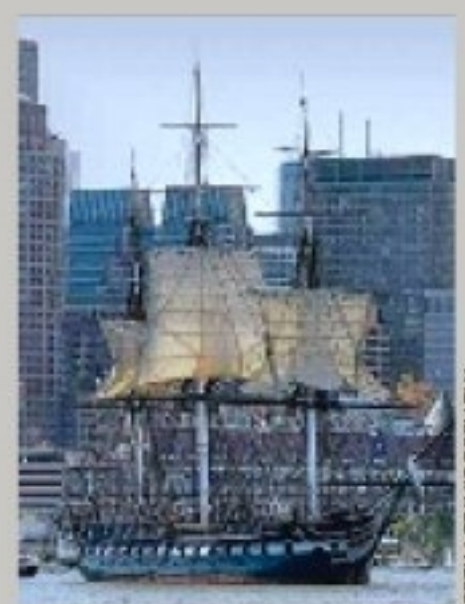


ISTOCK

U.S. Navy showcasing repairs to historic ship

"Old Ironsides" is finishing up a two-year stint in dry dock. The U.S. Navy will offer a closer look at the restoration work on the USS Constitution as it nears completion at the Charlestown Navy Yard in Boston. The world's oldest commissioned warship afloat returns to the waters in late July. The ship earned its famous nickname notching victories in the War of 1812.

THE ASSOCIATED PRESS



THE ASSOCIATED PRESS

NOT A TOURIST | A letter from Ben Margot And Julie Watson

Jets zip through narrow Star Wars Canyon, drawing visitors

Silence and stillness settled over the deep, sunbaked gorge as a pair of photographers sat on a cliff, waiting.

Then the rumbling started. As it grew louder, they scrambled into position.

Within seconds, a thunderous roar reverberated from the steep, narrow canyon as an F-18 fighter jet streaked through it, passing beneath their feet. It came so close they could see the pilots' expressions.

This deafening show that was over in a flash is a fairly common sight at Death Valley National Park, 415 kilometres east of Los Angeles, where U.S. and foreign militaries train pilots and test jets in the gorge nicknamed Star Wars Canyon.

Photographers — some capturing images for work, others for fun — along with aviation enthusiasts and others have been traipsing to the remote 12,142-square-kilometre

park in growing numbers to see the jets soaring below the rim of what's officially called Rainbow Canyon, near the park's western entrance.

It earned its nickname because its mineral-rich soil and rocky walls in shades of red, grey and pink draw to mind a landscape in a galaxy far, far away — Tatooine, the home planet of Star Wars character Luke Skywalker.

The unusually close-up view of military planes zooming through the craggy gorge has become so popular the National Park Service is considering making it an attraction, with informational signs about the training that dates back to the Second World War.

On a February day, planes careened through Star Wars Canyon 18 times. One pilot performed barrel rolls over the pass.

Jets zip through the gorge at 200 to 300 m.p.h. (322 to

483 km/h) and can fly as low as 200 feet from the canyon floor. But the canyon's walls are so steep, the aircraft are still several hundred feet below the rim.

Training at the canyon doesn't happen every day, so the photographers who make the trek to see them sometimes sit in folding chairs, waiting in the heat, and spy no jets at all.

Jason Watson, who works in information technology at Stanford University's law school and does freelance photography, recently made his seventh trip to the gorge.

He's seen as many as 30 photographers spread out across the mile-long rim at different vantage points.

"You can meet anyone from anywhere in the world there," Watson said.

The photographers develop a camaraderie as they share in the thrill of standing above the speedy jets.

THE ASSOCIATED PRESS



An F-15E Strike Eagle from Seymour Johnson AFB in North Carolina flies out of the so-called Star Wars Canyon turning toward the Panamint range over Death Valley National Park, Calif. THE ASSOCIATED PRESS

Spanish festivals draw the bizarre

CULTURE

Masks and outfits part of annual events

Bulls and tomatoes may be the key ingredients in Spain's most famous festivals, but masks and bizarre outfits are the showpieces in dozens of smaller town celebrations, many dating back to medieval times.

These festivals, held in off-the-beaten path towns across central and northwestern Spain, most often coincide with festivities celebrating the advent of spring, mixing Carnival and bizarre pagan-like rituals with mock battles between good and evil.

Town residents don horned and maned masks, multicoloured conical hats, sheepskins and cowbells and parade through the narrow streets of their villages. Other participants pose as bears, wolves or devil-like characters brandishing sticks as they run about to entertain spectators.

The festivals' origins are for the most part vague and their titles — such as the Cucurru-machos in Navalosa town or the Zarramaches in the village of Casavieja — are more often than not untranslatable.

Casavieja's festival takes place on St. Blaise's day, Feb. 3, and celebrates tales of how shepherds living in the nearby mountains came down to the village on that day to be paid and began dressing oddly to entertain children.

The La Vijanera parade, held on the first Sunday of the year in the northern town of Silio, is a colorful a Carnival-type pageant symbolizing the expulsion of evil spirits and stars characters known as Trapajones, dressed up in cos-



A man dressed as a Harramacho, a traditional character from the Navalacruz carnival in the small village of Casavieja, Spain. THE ASSOCIATED PRESS

tumes made of wood, moss or corn cobs.

And while the mask festivals may not attract the tens of thousands of party-goers like Pamplona's San Fermin bull-running fiesta or the Tomatina tomato battle, they are very popular and draw more tourists and media each year.

The towns also strive to promote the festivals to keep their cultural heritage alive. As part

of this effort, each year one of the towns stages a special event to showcase a variety of the characters from the different festivals.

This year's event, celebrated April 1 in Casavieja, featured the comical hairy bear and Trapajon straw figures of La Vijanera festival and the Harramacho characters from the Cucurru-machos fiesta.

THE ASSOCIATED PRESS



Sean Monahan, left, Johnny Gaudreau and Matthew Tkachuk have been key offensive contributors in the Flames garnering a 40-23-3 record since Nov. 15. LARRY MACDOUGAL/THE CANADIAN PRESS

A sense of belonging

GAME 1 PREVIEW

Flames not content with merely being in post-season

The current edition of the Calgary Flames are a different team than the one that made the NHL playoffs two years ago.

Small, fast and larcenous, the Flames of 2015 were a lightning-in-a-bottle squad that earned a quarter of their points that season when trailing after two periods.

With scant playoff experience through that roster, getting to the post-season for the first time in six years and making it to the second round for the first time in 11, was considered a massive bucking of the odds.

The 2017 Flames are bigger, meaner and more seasoned in playoff experience because of a combination of the run to the second round two years ago and the players imported since then.

The Flames open their Western Conference quarter-final

series Thursday in Anaheim against the Ducks.

Calgary was more of a gradual build this season, but had one of the best records in the NHL after Nov. 15 (40-23-3).

"We actually deserve to be here this year," said winger Johnny Gaudreau, who made his playoff debut in 2015.

"That first year, a lot of comebacks, a lot of, I don't want to say luck, but a lot of good opportunities to come back in games helped us get there."

"This year I think we just played all around a better game."

Last summer's signings of Troy Brouwer and Kris Versteeg, winners of three Stanley Cups between them in Chicago, brought a combined

1 3 6

series Thursday in Anaheim against the Ducks.

Dougie Hamilton, in his second season with the Flames, and Michael Stone acquired in February, give Calgary size and muscle on the back end to complement captain Mark Giordano and T.J. Brodie.

"Obviously we're a little heavier, but I think we're deeper on both the front and back end," defenceman Deryk Engelland said.

"Our goaltending has been

great for a long time now."

The Flames were unsettled in goal two years ago, flip-flopping between Karri Ramo and Jonas Hiller through the regular season into the playoffs.

Brian Elliott, acquired in a trade with St. Louis at last year's draft, had a rough start to the season but is now Calgary's undisputed No. 1.

The 32-year-old from Newmarket, Ont., went 19-9-2 with a save percentage of .919 and goals-against average of 2.29 after Jan. 1.

While the Flames may now have the truculence that president of hockey operations Brian Burke always said he wanted, Calgary can't afford to be on the wrong side of the law and sitting in the penalty box in Anaheim.

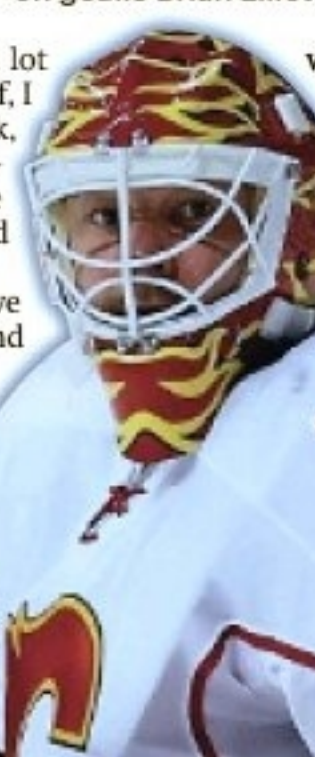
"Seven-game series, it's going to happen," Engelland said. "Guys are going to go after guys and try to get under other guys' skin."

"You've got to play whistle to whistle and the stuff after the whistle, a lot of the time it's best to skate away. If you're going to eat a punch, eat a punch."

THE CANADIAN PRESS

“He’s been really dialed in here, really this second half.”

GM Brad Treliving on goalie Brian Elliot



MONTREAL-BOSTON

Rangers hold Habs off scoresheet

Tanner Glass scored in the first period and Henrik Lundqvist made 31 saves as the New York Rangers defeated the Montreal Canadiens 2-0 in the opening game of their NHL playoff series on Wednesday night.

Game 2 of the best-of-seven series is set for Friday night at Bell Centre.

Michael Grabner added an empty-net goal with 1:10 left to play.

Shots were 31-31 in a fast-paced game with plenty of chances at both ends.

Lundqvist looked to be fighting the puck as Montreal had a 16-5 first-period shot advantage but managed to keep the puck out of his net.

The Canadiens are looking to avenge a six-game loss in the

GAME 1 In Montreal

2 0
RANGERS CANADIENS

first round to New York in 2014, a series in which Carey Price was injured in the opening game on a hit from Chris Kreider. This time, Kreider pulled up when barreling toward Price in the first period.

Fired up by 1960s pop star Ginette Reno's national anthem, the Canadiens were all over New York in the opening period, but it was the Rangers who struck first 9:50 in on only their third shot. Tomas Plekanec won a draw in the Montreal zone, but fourth line winger Glass pounded on it and lifted a backhand from the slot over Price's shoulder.

THE CANADIAN PRESS



Tanner Glass
GETTY IMAGES

OTTAWA-BOSTON

Marchand, Bruins strike for early edge

Brad Marchand scored the winner late in the third period as the Boston Bruins beat the Ottawa Senators 2-1 on Wednesday night to win Game 1 of their Eastern Conference quarter-final series.

Frank Vatrano, playing his first NHL playoff game, also scored for the Bruins. Tuukka Rask was solid, making 26 saves.

Bobby Ryan scored the lone goal for the Senators as Craig Anderson stopped 23 shots.

Marchand scored on the rebound of a Patrice Bergeron shot

GAME 1 In Ottawa

2 1
BRUINS SENATORS

with 2:33 remaining in regulation to make it 2-1, shocking the sellout crowd of 18,702 at Canadian Tire Centre.

Game 2 of the series takes place Saturday afternoon in Ottawa. THE CANADIAN PRESS

IN BRIEF

Hitchcock heading back behind Stars' bench

Ken Hitchcock is returning to Dallas and will be named the Stars' coach at a news conference Thursday.

A person with direct knowledge of the situation confirmed the hire of the 65-year-old, who won the Cup with Dallas in 1999, coaching there for parts of seven seasons from 1995-96 through 2001-02.

THE ASSOCIATED PRESS

Fleury swoops in to save the day for Penguins

Marc-Andre Fleury stopped 31 shots in a surprise start in place of injured Matt Murray and the Pittsburgh Penguins opened their Stanley Cup title defence with a 3-1 victory over the Columbus Blue Jackets on Wednesday night.

Phil Kessel had a goal and an assist for Pittsburgh. Nick Bonino and Bryan Rust also scored. THE ASSOCIATED PRESS

Dortmund bus bomb suspect in custody

CHAMPIONS LEAGUE

Islamic radical was arrested, Dortmund lose 1st leg to Monaco

German authorities arrested a suspected Islamic extremist Wednesday in their investigation into a bomb attack on a top German soccer team, while the team — missing a defender wounded in the blasts — lost 3-2 to Monaco in a hastily rescheduled Champions League match.

Amid heightened security, the defeat for Borussia Dortmund in Europe's top club competition came less than 24 hours after three explosions shattered a window of the team's bus and rattled nerves across the gritty city in western Germany.

Dortmund coach Thomas Tuchel said after the loss that he felt European soccer's governing body, UEFA, had not taken the attack seriously enough as it



Borussia Dortmund fans chanted Marc Bartra's name during the game. The defender was injured after bombs exploded near the Dortmund team bus Tuesday.

DEAN MOUTARPOULOS/BONGARTS/GETTY IMAGES

swiftly rescheduled the match.

"We weren't asked at all at any time," Tuchel said. "Basically, we had the feeling that we were being treated as if a beer can had hit our bus, and half an hour later the decision was there that (it would be) tomorrow at 6.45 p.m.. That gives you a feeling of powerlessness."

Armed police officers in body

armour patrolled the streets around Dortmund's stadium Wednesday night as locals and visiting fans mingled in a subdued atmosphere. Fans were banned from bringing backpacks to the match and some were frisked — with security officials even checking under their hats.

Earlier in the day, Frauke Koehler, a spokeswoman for Ger-

man federal prosecutors, said investigators are focusing on two suspected Islamic extremists in the bus attack and searched their homes, arresting one of them.

As the investigation continued, the match delayed by the blasts got underway. Dortmund was without Spanish central defender Marc Bartra, who underwent surgery for injuries to his wrist and arm after the three devices packed with metal pins detonated close to the team bus Tuesday night. Clearly missing Bartra in defence and possibly still shocked by the attack on their bus, Dortmund conceded two goals in the first 35 minutes.

The team fought back after the break, to make it 2-1 in the 57th minute before Kylian Mbappe scored his second in the 79th minute for Monaco. Shinji Kagawa cut the deficit in the 84th minute, but it was not enough to save Dortmund from defeat.

"It was difficult for the team to focus on the game," Dortmund coach Tuchel said.

THE ASSOCIATED PRESS

QUARTER-FINAL RESULTS

A. Madrid 1, Leicester 0

Antoine Griezmann converted a first-half penalty kick to give Atletico Madrid a 1-0 win over Leicester in their first leg of the Champions League quarterfinal on Wednesday, keeping the Spanish club on track to make it to the final for a second straight season.

Griezmann scored from the spot on 28 minutes after he was clipped by Leicester's Marc Albrighton.

THE ASSOCIATED PRESS

B. Munich 1, R. Madrid 2

Cristiano Ronaldo scored twice for Real Madrid to beat Bayern Munich 2-1 in the first leg of their last 8 match Wednesday, ending the German side's tournament record of 16 straight home wins.

Ronaldo's second-half goals ensured Madrid came from behind — after Arturo Vidal's 25th-minute header — to put the defending champions closer to the semifinals.

THE ASSOCIATED PRESS

PLAY Yesterday's Answers from your daily crossword and Sudoku

3	8	2	6	1	5	4	7	9
7	9	6	4	3	8	1	5	2
1	5	4	9	7	2	8	6	3
9	2	5	3	8	4	6	1	7
8	7	1	2	9	6	3	4	5
4	6	3	7	5	1	2	9	8
5	4	8	1	2	7	9	3	6
6	3	7	8	4	9	5	2	1
2	1	9	5	6	3	7	8	4

MAKE IT TONIGHT

Tex-Mex Grilled Chicken with Corn and Black Bean Salad



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada



The freshness of lime marinade coupled with the fibre-rich salad make this a healthy, satisfying dinner.

Ready in 30 minutes

Prep time: 10
Cook time: 20
Serves: 2 - 3

Ingredients

- 2 chicken breasts
- 2 cups (475 ml) fresh or frozen and thawed corn kernels
- 1/2 cup finely chopped red onion
- 2 cups (475 ml) no-salt-added cooked black beans, rinsed and drained
- 1 red bell pepper, cored, seeded and diced
- 1/3 cup (80 ml) cilantro leaves, finely chopped

Marinade

- 1/4 cup (60 ml) olive oil
- 2 Tbsp (30 ml) fresh lime juice

- 1 Tbsp (15 ml) honey
- pinch salt and pepper

Dressing

- 2 Tbsp (30 ml) fresh lime juice
- 2 Tbsp (30 ml) olive oil
- 1 tsp (5 ml) honey
- Pinch salt and pepper

Directions

1. Preheat grill. In small bowl, whisk together your marinade ingredients.
2. Use about 2/3 of it to coat chicken on a plate.
3. Rinse onions in cold water, drain and place in a large bowl along with the black beans, red pepper and cilantro. Whisk together the dressing ingredients and pour over black bean mixture. Stir in the corn.
4. Grill chicken 10 minutes over medium/high heat. Turn over and grill for another 10 minutes.
5. Serve chicken with corn and black bean mixture. Top with cilantro and a squeeze of lime.

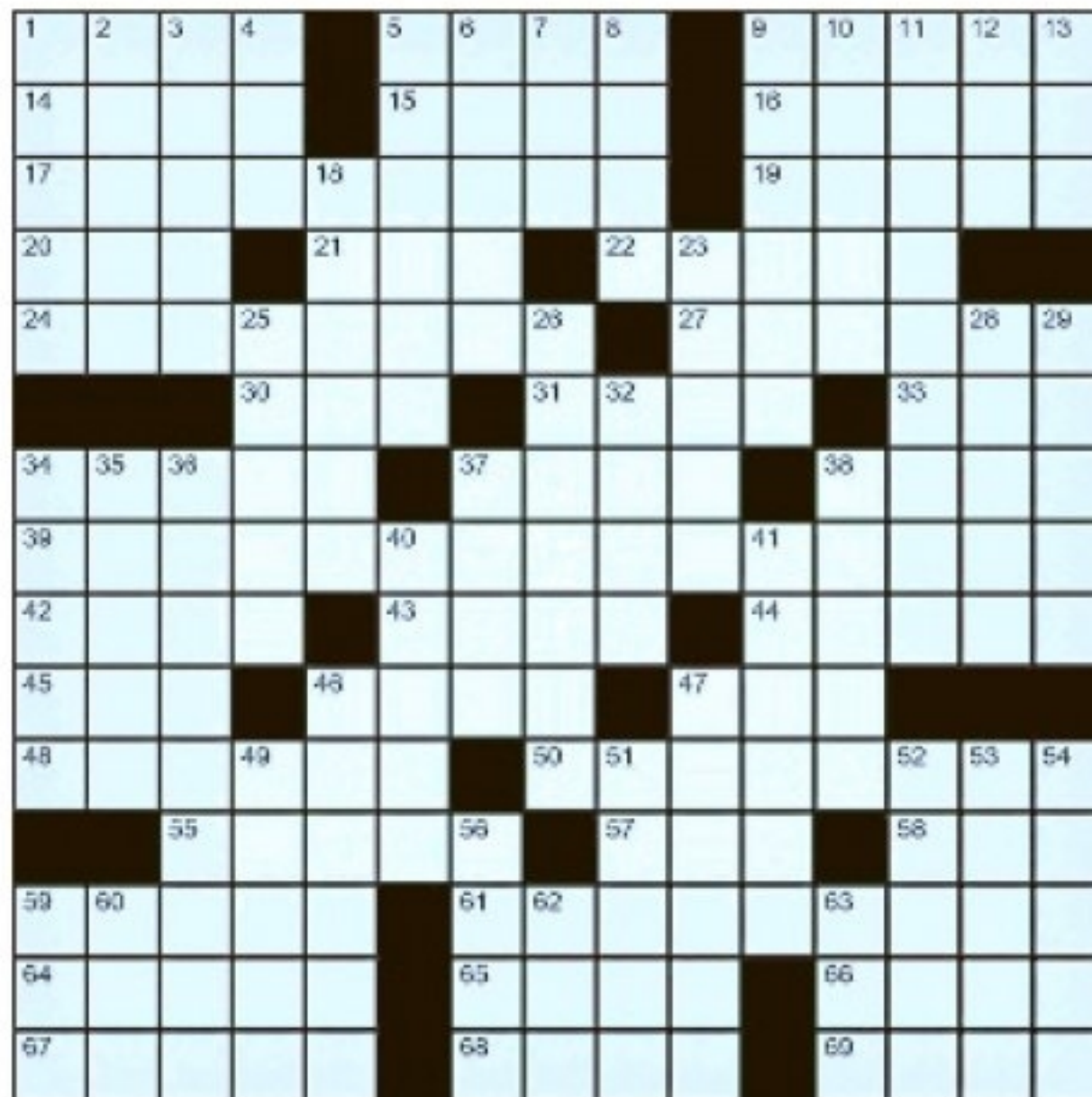
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. She-chickens
5. Wonky
9. Montreal 'morning'
14. Farm song bit: "Here __, there..."
15. "Begone!"
16. "Bust __" by Young MC
17. Inspirational, like feel good movies
19. Recorded
20. Full amt.
21. Allow
22. Bitter
24. Derelict buildings, perhaps
27. The Kennedy Center __ (Performing arts achievement awards)
30. Play on words
31. Genghis __ (Mongol emperor)
33. Rap music's Kim
34. Titanic passenger, John Jacob __ IV (b.1864 - d.1912)
37. Dining room table lengthener
38. Other
39. Saskatchewan village: 2 wds.
42. Fossil fuel form
43. Red __ (Spicy cinnamon candies)
44. American author, Fannie __ (b.1885 - d.1968)
45. Legendary bird
46. Quasi
47. Director Mr. Pollock, to pals
48. Famously low-in-carbs diet
50. Contributes one's point of view: 2 wds.
55. Daggers



57. Apricot-like fruit
58. Alphabetic trio
59. Entertain, as a comedian
61. Premium knitting supply
64. "Finding Vivian __" (2013)
65. "Heat of the Moment" band

66. Horse speed
67. Paul who famously sang "Nes-sun Dorma"
68. Mr. Danson's
69. Parched

DOWN

1. High, in Hull
2. Drained of liquid
3. __prosequi (Not proceeding, in law)
4. " __ heard..."
5. 'Backward' at sea
6. Canadian flag hues, red and __
7. Mr. Howard

8. __ mat
9. __-of-honour
10. Mightily, archaically
11. Highest money amount: 2 wds.
12. " __ had it!" (Enough!)
13. Mr. Beatty
18. Cake shop

- supplies
23. Fray
25. Go bad, as milk
26. Variant-spelled doubter
28. Hazards
29. Rain/snow mix
32. Triumphant laughs!
34. Capital of Ghana
35. "Dam it!"
36. Athleisure attire
37. Weaving machine
38. Dodge
40. Guess Who's " __ Eyes"
41. Poetry features
46. Scoundrel's 'smiles'
47. "The Lion King 2: __ Pride" (1998)
49. Map detail
51. Muggy
52. Goopy campfire treat
53. The Koh- __ Diamond
54. "Cape Fear" (1991) star Nick
56. Blinds strip
59. Guitarist's blaster
60. Psychedelic rocker's jacket
62. Peer Gynt's mother
63. Kilograms and pounds, for short

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

♈ Aries March 21 - April 20

You will be impulsive and spontaneous today, because you have a strong desire to do your own thing. Feelings of freedom make you want to set your own boundaries and determine your own course.

♉ Taurus April 21 - May 21

This could be a restless day for you because you will rebel against anything that restricts you. You do not want to be confined or held back by rules. (Yes, you feel rebellious.)

♊ Gemini May 22 - June 21

A friend might surprise you today by doing something quite outrageous. Or perhaps you will meet someone new who is outrageous. Either way, it's fascinating.

♋ Cancer June 22 - July 23

You do not want people telling you what to do today, especially bosses, parents and teachers. You want to call the shots.

♌ Leo July 24 - Aug. 23

You have your own ideas about religion and politics and do not want others to try to dissuade you. You also might impulsively travel somewhere today.

♍ Virgo Aug. 24 - Sept. 23

Discussions about inheritances and shared property might suddenly change today. You might want things to be different, or perhaps somebody else does. Be alert to whatever happens, because it might surprise you.

♎ Libra Sept. 24 - Oct. 23

Friends and partners are unpredictable today. They will either surprise you or respond to you in a surprising way.

♏ Scorpio Oct. 24 - Nov. 22

You want the freedom to do your own thing at work today. You also might want to introduce reforms and better ways of doing things. Why not?

♐ Sagittarius Nov. 23 - Dec. 21

Dealing with children might be challenging today, because they want control over their actions. Likewise, romantic relationships will be full of surprises.

♑ Capricorn Dec. 22 - Jan. 20

It's hard to predict how a discussion with a parent or an authority figure at home will go today. You don't want anyone telling you what to do. You also want to break free of routine. (This will be interesting.)

♒ Aquarius Jan. 21 - Feb. 19

You're full of bright and clever ideas because you can think outside the box. For sure, your daily routine will change. Stay flexible.

♓ Pisces Feb. 20 - March 20

Watch your money today, because things are unpredictable. You might find money, or you might lose money. Keep your eyes open.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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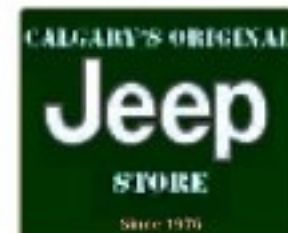
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